

HIRING HELP DECISION GUIDE



**Do I feel resentment/
resistance
to do certain
support care
for the person?
bathroom duties/
feeding/
companionship?**

no

Your care plan seems to be working for now.

yes

Is it in multiple areas of care?

no

Identify the area and hire a specific person to do just that: take a walk with the person/clean the bathroom...

yes

Do you have those feelings most of the time?

yes

You may want to consider hiring a live in worker who can help you with your daily duties.

no

You may want to consider jumping up a level of outside help you receive.

yes

Do you feel like you are not getting enough sleep/respite/feeling completely overwhelmed?

no

You may need to take someone one a few more hours per week