

A Day in the Life of the Most Rewarding Job You'll Ever Have!



A typical day at work is anything but typical for an **At Home Independent Living** caregiver.

What our caregivers love about their work:

- The variety
- The flexibility
- Making a positive difference in the lives of others

If you're compassionate, reliable, and enjoy helping others, consider a job as an **At Home Independent Living** caregiver! Contact us at **(315) 579-HOME (4663)** to learn more about our opportunities.



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While each caregiver's day varies based on the client's specific needs and time of the shift, a day in the life of an in-home caregiver might go something like this:

Morning/Day Shift:

- 8:00** A.M. Greet the client at her home and find out how you can be of assistance.
- 9:30** A.M. Assist the client with grooming and dressing if needed.
- 10:00** A.M. Play a board game, look at photos, or listen to music with the client.
- 11:00** A.M. Take a walk around the block or assist the client with a physician-approved exercise routine.
- 12:00** P.M. While the client is resting, perform some light housekeeping. Then prepare and serve lunch, and make sure the client has everything she needs before you leave for the day.

Evening/Overnight Shift:

- 1:00** P.M. Run errands, pick up medications from the pharmacy, or make a grocery run.
- 4:30** P.M. Take the client on a trip to the barber, hairdresser or the library.
- 6:00** P.M. Prepare a special meal that the client can assist with if she is able.
- 9:00** P.M. Help the client prepare for bed.
- Overnight** If you prefer an overnight shift, you will assist the client throughout the night with bathroom usage or sleeplessness, and make the client feel safe and comfortable.

We provide the training!

At **At Home Independent Living**, we welcome experienced caregivers, HHAs and CNAs, as well as those with no caregiving experience or certification. We provide the training and support you need to thrive in this rewarding, in-demand career!



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