

## **Craig's List Ad for Healthcare Aide, Live-In, Part-Time**

I am looking for a responsible, dependable, honest healthcare aide/caregiver to help me in the morning / afternoon-evening, five days a week and typically every other weekend. Male or female is fine. I am in a wheelchair, a quadriplegic, paralyzed from the chest down, so anything that requires hands or feet, I need help doing. In return, you are given a private apartment, utilities furnished, and a salary and food stipend. Both positions are contract, require a driver's license, and live-in capability.

The AM weekday shift usually starts between 4:00 and 4:30. The routine typically includes help with personal care (i.e., bathing, toiletries, grooming, etc.), range of motion stretching exercises, dressing, transferring from bed to chair and chair to bed, breakfast preparation, and driving me to work in my minivan about 7:00. The amount of time spent helping me is typically around 2 ½ to 3 hours.

The PM shift usually begins around 4:00 to 4:30 when my aide picks me up from work. We may do some grocery shopping on the way home but when we get home, my aide helps with some personal care and with dinner preparation. Typically, after dinner is cleaned up, there are a couple of hours off for the aide's free time. Around 8:00-8:30, I need help getting to bed; that involves help with some toiletries, undressing, range of motion, etc., usually lasting 30 to 45 minutes. The amount of time spent helping me is typically around 2 ½ to 3 hours.

Time-off can be on the weekends or weekdays. Typically, one aide will help me with my morning and evening for two days, while the other aide has that time period off; then the other aide gets two days off. That way, both aides have a full two days off every week. However, other time-off arrangements are possible, as long as both the aides are agreeable to the schedule. The weekend AM and PM times are usually later and can be a little variable. There is some light cleaning and house work for the weekend aide: laundry, cleaning my bathroom, bedroom and kitchen. Commonly, I will have an errand to run on Saturday morning that will require some help, but the weekends are relatively light with regards to time.

The compensation for both positions includes primarily a partially furnished private one-bath, one-bedroom apartment, with a kitchen (e-mail for photos of the apartment and surroundings). Utilities are included: power, water, garbage, sewer, as well as cable, high speed internet access, and laundry. The monetary compensation includes \$200/month salary and a \$200/month food stipend. Both jobs are designed for someone who also has other employment outside of what they do for me, as there is usually only about 2.5 to 3 hours per day of work. Additionally, the house is about a mile from the nearest bus stop, so tho not required, owning a functioning vehicle is highly recommended.

I am a professional 53-year-old disabled man in good health. I like to keep a fairly clean home and don't smoke or drink and do not allow illegal drugs or activities in my house or property. I enjoy work, family, music, reading, road trips and travel, movies, cooking, a good conversation with a friend, etc. I am a spiritual person, involved with activities at the church I attend.

If you are interested, please call. We can talk further and possibly set up a personal interview appointment. Please call no later than 8:30 pm. Also, all applicants must be able to complete an in-person interview, so please apply only if you live in the area.