Caregiver Readiness Checklist

Caregiver Profile & Readiness Guide

seniorcarereferral.com

Please note: This is a self-assessment tool, not a certification, background check, or endorsement. Senior Care Referral does not inspect, verify, or certify caregivers.

Total items: 56. Check each item as you complete it.

1. Personal and professional information

- [ ] Full professional name
- [ ] City and areas served
- [ ] Phone number and professional email
- [ ] Years of caregiving experience
- [ ] Languages spoken
- [ ] Availability (full-time, part-time, overnight, live-in)
- [ ] Transportation availability
- [ ] Types of senior care offered

2. Qualifications and training

- [ ] Certified Nursing Assistant (CNA), if applicable
- [ ] Home Health Aide (HHA), if applicable
- [ ] CPR certification, if applicable
- [ ] First Aid training, if applicable
- [ ] Dementia and Alzheimer’s care training
- [ ] Fall prevention training
- [ ] Medication assistance training, where legally permitted
- [ ] Specialized senior care training
- [ ] Copies of applicable credentials available

3. Background and professional history

- [ ] Employment history available
- [ ] Professional references available
- [ ] Previous caregiving experience documented
- [ ] Background check completed, if applicable or voluntarily provided
- [ ] Relevant credentials current
- [ ] Professional references can be contacted with permission

4. Caregiving services offered

- [ ] Personal hygiene and grooming assistance
- [ ] Bathing and dressing assistance
- [ ] Meal preparation
- [ ] Light housekeeping
- [ ] Companionship
- [ ] Mobility assistance
- [ ] Transportation to appointments
- [ ] Medication reminders
- [ ] Dementia and Alzheimer’s support
- [ ] Overnight supervision
- [ ] Respite care
- [ ] Live-in caregiving

5. Safety and emergency preparedness

- [ ] Understands basic emergency procedures
- [ ] Knows when to contact emergency services
- [ ] Understands fall prevention practices
- [ ] Understands infection prevention
- [ ] Knows how to communicate concerns to family members
- [ ] Understands senior privacy and confidentiality
- [ ] Understands the limits of their professional qualifications

6. Professional standards

- [ ] Treats seniors with dignity and respect
- [ ] Respects client independence
- [ ] Communicates professionally with families
- [ ] Maintains appropriate professional boundaries
- [ ] Respects cultural differences
- [ ] Understands confidentiality obligations
- [ ] Provides accurate information about qualifications and experience

7. Before accepting a caregiving position

- [ ] Understands the responsibilities of the position
- [ ] Confirms the expected schedule
- [ ] Discusses compensation directly with the hiring family or agency
- [ ] Understands the care recipient's needs
- [ ] Clarifies transportation expectations
- [ ] Understands emergency contacts and procedures
- [ ] Agrees on communication expectations

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