

# Training A Respite Provider

## Worksheet 5 for Primary Caregivers

### TRAINING CHECKLIST

- Give a tour of the house/living space**  
Are there any areas that are off-limits to the respite provider or the care recipient?
- Rules about technology and screen time for the care recipient**  
Are there limits to the amount of time or the use of specific devices?
- Rules about the respite provider's use of technology**  
Do you have any rules on the respite provider's cell use?  
Can the provider take pictures of the care recipient?  
Can pictures be shared on social media?
- Introduction to siblings, roommates, or any pets**  
Does the respite provider have any responsibilities in regards to the people or pets of the house?  
What are expected and allowed interactions between the care recipient and the people or pets of the house?
- Disability specific information**  
Common characteristics, allergies, medical information, seizures  
Personal Care Assistance - how much help is needed on with what activities?  
Communication devices - how to use, when to use
- Eating & Meal Information**  
G-tube information, if applicable  
Food likes, dislikes, allergies  
Meal routine and the amount of assistance the care recipient needs
- Medication information**  
When are medication given and where can they be found?  
Is there a full list of medication in case of emergency?
- Activities**  
What activities does the care recipient like? Is a schedule needed? How much down time is ok?  
Are outings ok and where? What about transportation? What can be expected in public?
- Challenging Moments/ Behaviors**  
What does this look like and what is the best way to respond? Is there a safety plan and how is it implemented?  
What things can be done proactively to prevent or decrease challenging moments?
- Emergency Planning**  
Where are the emergency numbers, who should be called and for what purposes?



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