



Senior housekeeper/ caregiver

Description

As the society gets older, caring for the elderly becomes growingly more important and profiles such as senior housekeeper/caregiver are more and more in demand. Senior housekeeper/caregiver is a person who helps and assists older people to carry out their daily activities, function properly, and maintain their households. They perform the tasks of maintaining their clients' homes and hygiene, take care of preparing their meals, help them have their meals and therapy, as well as with buying the medicines and foods. They support and encourage their clients. Communication with clients and the provision of psychological support is another very important aspect of this job. Depending on the needs of the client, work activities and the level of assistance are precisely defined. The job is mostly done indoors, normally at the client's home.

There are no formal qualifications for doing the job of a senior housekeeper/caregiver, but it is important that the person doing this job possesses a high level of responsibility, conscientiousness, and empathy for the needs of the elderly. Optimism and emotional stability are also necessary.

Desirable traits/requirements

- Empathy and focus on the needs of the client
- Patience and persistence
- Responsibility and reliability
- Good communication skills and willingness to help
- Emotional and psychological stability
- Openness and optimistic outlook
- Flexibility and ability to respond promptly

Positive aspects:

- Senior housekeeper/caregivers provide daily assistance to the elderly. They support them and encourage them in accordance with their individual needs, which is a source of satisfaction and fulfilment. With the growing aging of the population, persons who are willing to do this job are increasingly more sought-after.

Negative aspects:

- The job of a senior housekeeper/caregiver often requires that you work irregular working hours and during holidays. It requires great commitment and energy. Caring for the elderly and the ailing requires great devotion and responsibility.

Career path/field of work

To be able to do the job of the senior housekeeper/caregiver, you cannot acquire formal education or formal qualifications, but you need to undergo suitable training.

Senior housekeepers/caregivers work with the associations, organisations, or centres such as the Red Cross, Social Welfare Centre, or organisations specialised in elderly care which provide this type of service.