

# Relief Care Specialist

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Relief Care Specialists are the front line workers providing respite. RCS provide reliable, consistent, and quality care for clients. They provide stimulating, recreational, and goal-directed activities while encouraging each individual to maximize their independence.

AdaptAbilities' respite programs take place in three plus locations; McKernan Centre, Meadowlark Centre, McKernan School, and a variety of in home locations

## Respite Objectives

- I) Clients are provided a safe and caring environment.
- II) Clients receive high quality care that is stimulating and intrinsically satisfying, through goal directed activities.
- III) Families are positively impacted by enhanced respite programs and services, throughout every interaction with AdaptAbilities.

## The RCS Role in Respite

- Work within a prescribed staff to client ratio (e.g. one staff to five clients)
- Know the target population
- Delivery of services based on organization's program goals and objectives
- Prepare lesson plans based on AdaptAbilities' three (3) components; recreation and motor development, expressive arts, and essential life skills
- Create a successful environment through transitions, team work, and cultivating interests
- Provide clients with choices that are directed by staff
- Provide a consistent routine for clients
- Ensure medication is administered to clients
- Communicate effectively with individuals, parents, colleagues and supervisor
- Ensure that centre materials and equipment are maintained and well cared for
- Assist with ensuring the facility/home is kept clean and organized
- Assist with ensuring the facility/home is kept safe and secure
- Keep accurate records
- Be professional
- Receiving information and payments
- Distribution of information and invoices
- Provide leadership and have fun!

**Join our team and help us in "Creating Success - For Life!"**

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