

Follow Your Heart to a Caring Career

Find your fit in health care employment that makes a real difference in the lives of others



What it's like to support people in their homes and communities

Who do caring professionals support in individual homes?

Caring professionals support children and adults with disabilities, people with mental health care needs and older adults in their homes and other places they need support.

What do these caring professionals do?

This work centers around building trusting and caring relationships with the person or people being supported. Caring professionals will be an advocate for them, and will often need to think creatively to support their best quality of life possible.

People need help with tasks like cooking, feeding, bathing, dressing, using the restroom, transferring from a bed to a wheelchair or other position changes, housekeeping and many other household tasks.

People often need assistance with learning new skills, using assistive technology, maintaining positive social interactions or help with redirection of behavior.

People also need assistance when they are out in their communities, whether going to gatherings with family and friends, health care or other appointments, shopping or other activities. This often includes doing some research and informing people about activities and opportunities available in their area. It might also include traveling with the person on vacations.

These caring professionals may need to provide transportation for the person they are supporting, or they may need to accompany the person being supported on public transportation. Transportation needs vary from individual to individual. Caring professionals will likely also need to have their own transportation to and from work: however, some employers provide transportation assistance so ask about this during your interview.

Tasks will vary by position type and the person being supported. Caring professionals will need to adapt to how the person being supported likes to live at home: this may mean learning to cook new types of food, listening to different types of music, arranging home items that accommodate the person being supported and other adjustments respecting that the person is being supported and cared for in their home.

Why you should consider this career

You might enjoy this career if you prefer to work one-on-one with a person who you can get to know well and with whom you can establish a relationship. These jobs are often fun once you get to know people and gain experience. If you have a talent or hobby (art, music, gardening, sports, etc.), mention those during your interview, as the people you support might like to participate in those activities with you. You will also be a good fit for this job if you enjoy learning about other people's talents and cultures as well.

Many of these positions allow for flexibility in scheduling. Most employers will provide necessary training.

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