



Seeking a Compassionate Caregiver for Hanna du Plessis

Our CareForce is looking for a compassionate caregiver with a gentle soul for our special friend Hanna. (You can learn a lot about Hanna's life, her ALS, and her care by visiting okaythen.net/hanna.)

CareForce is the name we gave our mighty group of friends currently caring for Hanna 24/7. Hanna has been contending with bulbar onset ALS for the last 15 months. She is living in the Polish Hill community of Pittsburgh. As an ideal candidate, you should have a diverse and progressive mindset, excel in understanding non-verbal communication, be patient, and have a deep capacity for empathy. Experience with ALS care is a plus, but not required.

Key qualifications include the physical ability to support 130 pounds, emotional resilience, and excellent listening skills. The role demands strict hygiene practices, including wearing masks and minimizing illness exposure. We value trustworthiness, reliability, a joyful spirit and the ability to work well in a team. An appreciation for a tidy living space, comfort with caregiving tasks, and openness to feedback are important. We are seeking a candidate who is adaptable, self-aware, and willing to engage in an honest dialogue about fit and changing needs.

Monday-Friday, 8am-3pm, \$25/hour

Hanna is transitioning from being supported only by her CareForce friends 24/7 to also having paid caregivers. It is exhausting for Hanna, and increasingly dangerous for her, to adjust to a constant rotation of different caregivers. As her needs increase, we need reliable, consistent, and skillful support to help her live well while dying. She is looking for someone who can provide consistent work 35 hours per week, primarily Mondays to Fridays between 8:00 am and 3:00 pm, starting immediately. Consistent support is also needed on weekends and some overnights as well. At present we can offer \$25 per hour. We are seeking dedicated caregivers who can stay engaged with Hanna and her CareForce for a 6-12 month commitment, in cooperation with skilled nursing and hospice workers as needed.

Compassionate Caregiver Qualifications

Prior caregiving experience needed. Ability to support moving a 130 pound person from sitting to standing to sitting, with laying down and sitting up in bed, etc. A current driver's license, clean driving record, and car insurance are preferred, but not required. The ability to maintain transportation to and from Hanna's home in Polish Hill.

Sample Daily Activities

- Preparation of meals for oral ingestion and the use of a PEG feeding tube (which is easy to learn)
- Assistance with bathing, grooming, oral care, and toileting.
- Lifting and assisting Hanna in and out of bed, a chair and from the toilet.
- Morning and afternoon stretching Hanna's body
- Assistance in using mobility support devices (chair lift, wheelchairs, walkers, etc...)
- Supporting Hanna's ability to communicate through a myriad of tools (laptop, boogie board writing tablet, signs, iPad, etc...)
- Assistance with medical equipment (bi-pap ventilator, humidifier, cough assist, suction).
- Support with schedules for Zoom appointments and appointments in and outside the home.
- Administration of medicine for pain management
- Maintaining records of medication, food and drink intake, and other information about Hanna's condition.
- Movement and outdoor activities
- Light household cleaning
- Assistance opening and reading mail aloud
- Infusing joy, fun, and humor into everyday life as much as possible.

How to Apply

If this sounds like you and you are interested in climbing aboard this magnificent ship of care to accompany Hanna and the CareForce on this uncertain journey, please send an email to Erika Kestenberg at careforce@okaythen.net with the following information:

- A brief written note, voice note or video clip sharing why this position appeals to you.
- Your full contact information, including phone, email, and address.
- Date you're available to start.
- A description of your past experiences working as a caregiver or if you have a resume you'd like to include.
- If you have criminal background and child abuse clearances or need to acquire them.
- (If there are flags on your criminal background that are not relevant for this position, feel free to still apply and let's talk about them).