

## ***Foundations Home Health Care***

### **Responsibilities at Place of Employment**

When I am at a clients home I assist some with household chores such as doing dishes, sweeping, mopping, taking out trash, vacuuming and getting groceries. When I am assisting older clients I assist them with going on walks, showering, dressing and getting up in the mornings or evenings.

### **Career-Skill Learned**

My youth apprentice experience at Foundations has helped me strengthen my people skills, patience and compassion with elderly people. I have learned how to communicate more effectively with elderly clients especially since many of them are hard of hearing. I have discovered the importance of always trying your best while on a job especially when your client is someone's parent or relative. The wide variety of jobs that my job encompasses has allowed me to determine what I am good at and what I am not.

### **LifeSkill Learned**

From my job experience I have learned the importance of good communication and listening skills especially when it comes to people who are upset. Through my job I have learned that a lot of elderly people are not in good health and uncomfortable most of the time which can make some of them really cranky and irritable. Understanding this has allowed me to stay calm when I was getting yelled at and even being able to show compassion and empathy towards those people. My job has taught me the importance of putting yourself in someone else's shoes and being compassionate and empathetic towards others.

### **Benefits of the YA Program**

- Being able to build work experience while still in high school
- Able to work more house and make more money
- The opportunity to build a wide variety of skill sets