

Wednesday, April 2, 2025

## Opportunity for Caregiver with Movement Experience

Company: NW Bronx Family Seeking Caregiver  
Compensation: 30/hr

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Seeking a compassionate, caring, physically skilled individual for a long-term opportunity as a part-time caregiver to a 36-year-old woman with physical and intellectual challenges. The position pays \$30/hr and there are benefits included. Shifts are typically 8 hours, but some caregivers opt for longer days/overnights. All caregivers receive paid hands-on training before starting. We are currently immediately seeking someone who can consistently work from approx. 11a-7p on Sundays. We are also continuously seeking substitutes/covers with flexible schedules who are interested in both short-notice sub opportunities as well as guaranteed dates to cover for caregivers who need to be away for longer stretches of time. We know we are seeking sub coverage for many dates in July & August. There will be openings for a regular weekly slot on other days of the week later this summer, so if you are interested but unavailable Sundays, please still apply and we will discuss.

Who she is...

This woman uses a wheelchair (both power-chair and manual chair) and a walker, and relies on daily movement practices to enhance her life and ensure a level of independence. She is able to walk but has limited mobility and balance. She is a highly-motivated, hilarious, curious, kind, and gentle person. She loves to sing, draw, listen to music, drink coffee, spend time outside, go to the library, and learn about the people she meets (and quickly befriends, her social network and community is large!).

& Who you are...

The caregiver acts as a companion: to help her with daily routine tasks (including preparing meals, administering medications, dressing, assisting in the bathroom, navigating outside of her home, etc.), but also to help her work through anxiety, interpret social situations, and feel safe and engaged physically and emotionally. The caregiver guides her through a daily movement practice—Conductive Education—designed with full inclusion in mind that helps her more fully and independently engage with her own body and the world around her. This practice is very important to this woman's ability to expand her functional movement beyond assumed limitations, and it is essential that a caregiver understands that and supports her in this practice by cueing her exercises and stretches with clarity, positively reinforcing her, and consistently incorporating intentional movement throughout the day. While her team has often primarily been made up of dancers, we are open to working with anyone with a strong command of their body and knowledge about movement (athletes, coaches/trainers, pilates/yoga practitioners, recreational therapists, etc.).

Requirements:

- Live within a reasonable commuting distance of the NW Bronx. Please check your commute distance to Riverdale Bagels 5650 Riverdale Ave, which is approximately the area she lives, and kindly refrain from applying if you would be traveling 75 mins or more.
- Able to lift at least 50 lbs and extremely comfortable with physically assisting/supporting another person's body movements. This work requires assisting her on/off the floor, on/off a bed, on/off a chair or toilet.
- Available to commit long-term to your weekly 8-hour per week shift or sub agreement.
- Comfortable taking directions, collaborating with her team of other caregivers/movement professionals/family, and being in community with disabled and elderly folks.
- Fully vaccinated, comfortable taking weekly covid tests and masking when necessary.
- Legally able to work on a W-2 in the U.S.

Our ideal candidate:

- Does not travel often (is able to prioritize this in-person essential work in their schedule).
- Is seeking long term, meaningful work and financial stability. (Does not view this as a placeholder or temporary position).
- Has a dance, theatre, or movement background but is not actively auditioning for shows that would pop up last minute and take them away from the work.
- Has flexibility in their schedule to sub/cover when other caregivers need to be away or are ill.
- Has some experience working with disabled or elderly folks (caregiving/personal network experience/teaching).
- Values enrichment and movement in their own life and would apply that to their work with this woman, does not view this as "babysitting."
- Women preferred. (Requires accompanying her in public women's restrooms).

[APPLY HERE](#)

Tentative Timeline:

Initial Application due by April 5th (rolling basis)

Notification of Interview first/second week of April

Interviews (zoom) will be conducted in the first 2 weeks of April

If you applied for the Sunday position...

Meetings with this woman/her parents 3rd/4th week of April in person in NW Bronx

Onboarding and paid hands-on training April 20-May 25

Tentative official first-shift start date of May 25th

If you applied as a Sub or are interested in a different weekly slot...

Meetings, Onboarding/Training in May, June TBD dates

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NW Bronx Family Seeking Caregiver

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