

Medical Report for Au Pair Participants

▶ PART 1: DESCRIPTION AND DUTIES

Physician Instructions: Below you will find a general description of the essential duties of an au pair living with a host family in a new country. Please review this description to inform your recommendation as to whether the candidate before you is, in your judgement, physically, mentally and emotionally capable of performing the requirements of this position.

Position Description:

Physical Demands

- ▶ Lifting: up to 45 lbs. (varies)
- ▶ Frequency of lifting: frequent

Duties

The essential functions of the au pair position may include, but are not limited to, supervising and providing full-time care for multiple children of various ages, communicating effectively, and modeling appropriate behavior. Specific tasks will vary from position to position but will likely include, assisting with homework, preparing meals and snacks, bathing and dressing children, changing diapers, organizing activities, and driving in an automobile with children.

Conditions

- ▶ Au pairs will be working closely with children at various stages of their emotional and physical development.
- ▶ The duties and responsibilities are generally performed in the host family home outside the United States. The au pair will also reside in this home during off-duty hours.
- ▶ Au pairs may be required to work long hours with little opportunity for a break.
- ▶ Certain duties and responsibilities may also have to be performed outside of the home environment in hot and cold weather conditions as necessary.

Physical requirements: The au pair role may involve performing physical tasks such as lifting, carrying and repositioning children; carrying children up and down stairs; and carrying children's equipment such as strollers and car seats. An au pair must possess a level of physical stamina and strength sufficient to comfortably and safely perform these required tasks.

Emotional strength: Childcare duties can be very stressful so the candidate should be emotionally capable of spending long periods of time in demanding conditions. Au pairs must possess patience, dependability, and good communication and interpersonal skills. Au pairs must possess the confidence to occupy a leadership position in the home. They must be able to show sensitivity and be capable of dealing calmly and effectively with unexpected events and behaviors.

▶ PART 2: MEDICAL CONDITIONS

We have included as a courtesy a checklist of conditions which may impact the candidate's ability to perform the essential duties of the au pair position; however, this list is not exhaustive, and we defer to your professional expertise in conducting a thorough assessment of the candidate's capabilities.

Please evaluate any physical, mental or emotional issues that may interfere with the performance of these duties listed in Part 1.

Name of applicant: _____

Are there any abnormalities with the following organs/systems that may be relevant:

Yes No Ear, nose, throat: _____

Yes No Respiratory: _____

Yes No Cardiovascular: _____

Yes No Gastrointestinal: _____

Yes No Eyes: _____

Yes No Genitourinary: _____

Yes No Musculoskeletal: _____

Yes No Metabolic/Endocrine: _____

Yes No Nervous: _____

Yes No Skin: _____

Yes No Immune: _____

Yes No Other: _____

If you answered yes to any of the above, please explore whether this will affect the candidate's ability to provide ongoing care to young children. To the extent that you identify any limitations on the candidate's ability to do so, please explore whether accommodations may be made that would allow the candidate to perform the duties of the au pair position.

 Within the past year, has the applicant been treated/counseled for any mental health conditions (depression, anxiety, eating disorder, etc.) that would interfere with his/her ability to perform the minimum requirements of the au pair role?

 Is the applicant under any ongoing care that would require medical attention while abroad?

▶ PART 3: EVALUATION

Please provide responses to these questions to the applicant. You may also email your responses directly to InterExchange at workabroad@interexchange.org.

Is the candidate physically, mentally and emotionally able to perform the duties of the au pair position, as described in Part 1, above, with or without accommodations? *Check the appropriate boxes.*

	Yes, without limitations	Yes, with limitations	No	Unable to offer an opinion
Physical	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emotional	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you indicated that the candidate is able to perform the duties with limitations, please describe any accommodations that the candidate requires in order to perform the duties of the au pair position below:

SIGNATURE OF PHYSICIAN (REQUIRED) | _____
DATE (MM/DD/YYYY)

NAME OF PHYSICIAN (PRINT)