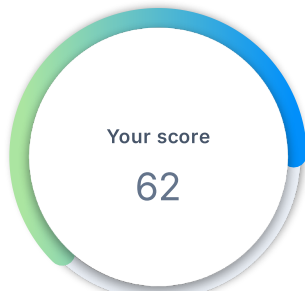


Generated June 5, 2026

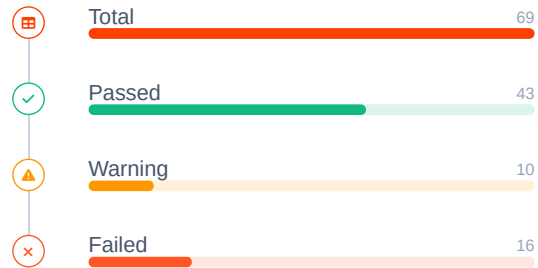
Overall score **62/100**

seositechecker.pro

Overview



Powered by: www.seositechecker.pro

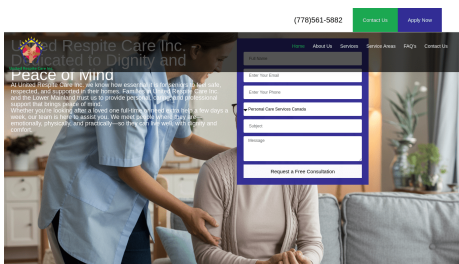


5.39 Seconds

211.74 bytes

124 Resources

Not Secured



Title	United Respite Care Services In Vancouver Lower Mainland
Url	https://unitedrespitcare.ca/
Description	United Respite Care Services In Vancouver Lower Mainland. We provide a variety of flexible care services designed to fit your life.

AI Search Readiness

91 AI readiness
91/100

How easily AI answer engines such as ChatGPT, Gemini and Perplexity can crawl, understand and cite this page. Every item below is measured on your site.

Quick wins

2

- Single descriptive H1:** 2 H1 tags found. Use one so the topic is unambiguous.
- llms.txt file:** No /llms.txt found. Adding one helps AI engines pick the right pages to cite.

How this score works

We measure what AI answer engines can actually see on your site: whether your robots.txt allows GPTBot, OAI-SearchBot, ClaudeBot, PerplexityBot, Google-Extended and CCBot, whether an llms.txt exists, plus JSON-LD schema, a single H1, meta description, canonical URL, indexability, content depth, Open Graph tags and a declared language. Each item is weighted, and a warning counts as half credit.

What we do not claim: we do not estimate how often ChatGPT, Gemini or Perplexity mention your brand. That cannot be measured without querying those models, so we do not publish a number for it.

AI crawler access

Congratulations! Your robots.txt does not block any major AI crawler.

 llms.txt file	No /llms.txt found. Adding one helps AI engines pick the right pages to cite.
 Structured data (JSON-LD)	Congratulations! Found 1 JSON-LD block(s). AI engines use this to identify your entity.
 Single descriptive H1	2 H1 tags found. Use one so the topic is unambiguous.
 Meta description	Congratulations! A meta description is present for AI engines to summarise.
 Canonical URL	Congratulations! A canonical URL is declared, so citations point at one address.
 Indexable (no noindex)	Congratulations! The page is indexable.
 Content depth	Congratulations! The page has about 216732 words. AI engines prefer substantive pages they can quote.
 Open Graph tags	Congratulations! Open Graph title and description are present.
 Declared language	Congratulations! The page declares its language.

Q Seo

 Title	Congratulations! The webpage is using a good title tag.  Text: United Respite Care Services In Vancouver Lower Mainland Length: 56 characters
 Description	Congratulations! The webpage is using a good meta description tag.  Text: United Respite Care Services In Vancouver Lower Mainland. We provide a variety of flexible care services designed to fit your life. Length: 131 characters

Google Search Results
Preview Test

Desktop version

<https://unitedrespitcare.ca/>
United Respite Care Services In Vancouver Lower Mainland
United Respite Care Services In Vancouver Lower Mainland. We provide a variety of flexible care services designed to fit your life.

Mobile version

<https://unitedrespitcare.ca/>
United Respite Care Services In Vancouver Lower Mainland
United Respite Care Services In Vancouver Lower Mainland. We provide a variety of flexible care services designed to fit your life.



Social Media Meta
Tags

This webpage is not using social media meta tags.

Social Media Meta Tags 14

Missing Tags 3



Most Common
Keywords

It is unlikely that there is a specific keyword density that is optimal for search engines (as their algorithms have evolved beyond using keyword density as a ranking factor). However, it can be helpful to see which keywords are most commonly used on your page and whether they accurately reflect the intended topic. More importantly, the keywords on your page should be used naturally and in grammatically correct copy.

care (128) services (32) home (29) personal (21) loved (17) respite (16) families (12) one (12)
read (12) united (11) surrey (9) were (9) surgery (8) langley (8) ones (8) lower (7) mainland (7)
support (7) service (7) delta (7) needed (7) there (7) very (7) assistance (6) dementia (6) livein (6)
areas (6) contact (6) family (6) needs (6) learn (6) less (6) grooming (5) dressing (5) toileting (5)
incontinence (5) meal (5) housekeeping (5) safety (5) laundry (5) companion (5) memory (5) 247 (5)
help (5) conversation (5) caregivers (5) had (5) through (5) bath (4) mobility (4)



Keywords Usage

KEYWORD	TITLE	DESCRIPTION	HEADINGS
care (128)	✓	✓	✓
services (32)	✓	✓	✗
home (29)	✗	✗	✓
personal (21)	✗	✗	✓
loved (17)	✗	✗	✓
respite (16)	✓	✓	✓
families (12)	✗	✗	✓
one (12)	✗	✗	✓
read (12)	✗	✗	✗
united (11)	✓	✓	✓
surrey (9)	✗	✗	✗
were (9)	✗	✗	✗
surgery (8)	✗	✗	✗
langley (8)	✗	✗	✗
ones (8)	✗	✗	✗
lower (7)	✓	✓	✗
mainland (7)	✓	✓	✗
support (7)	✗	✗	✓
service (7)	✓	✓	✗
delta (7)	✗	✗	✗
needed (7)	✗	✗	✗
there (7)	✗	✗	✗
very (7)	✗	✗	✓
assistance (6)	✗	✗	✗
dementia (6)	✗	✗	✓
livein (6)	✗	✗	✗
areas (6)	✗	✗	✗
contact (6)	✗	✗	✗
family (6)	✗	✗	✗
needs (6)	✗	✗	✗
learn (6)	✗	✗	✗

less (6)	×	×	×
grooming (5)	×	×	×
dressing (5)	×	×	×
toileting (5)	×	×	×
incontinence (5)	×	×	×
meal (5)	×	×	×
housekeeping (5)	×	×	×
safety (5)	×	×	×
laundry (5)	×	×	×
companion (5)	×	×	✓
memory (5)	×	×	✓
247 (5)	×	×	×
help (5)	×	×	✓
conversation (5)	×	×	✓
caregivers (5)	×	×	✓
had (5)	×	×	×
through (5)	×	×	×
bath (4)	×	×	×
mobility (4)	×	×	×



Long Tail Keywords Usage

KEYWORD	TITLE	DESCRIPTION	HEADINGS
care services (22)	✓	✓	✗
personal care (21)	✗	✗	✓
personal care services (16)	✗	✗	✗
respite care (14)	✓	✓	✓
united respite (11)	✓	✓	✓
home care (10)	✗	✗	✓
united respite care (10)	✓	✓	✓
loved one (9)	✗	✗	✓
surgery care (8)	✗	✗	✗
loved ones (8)	✗	✗	✗
lower mainland (7)	✓	✓	✗
dementia care (6)	✗	✗	✓
read read (6)	✗	✗	✗
read less (6)	✗	✗	✗
read read less (6)	✗	✗	✗
dressing toileting (5)	✗	✗	✗
incontinence care (5)	✗	✗	✗
home safety (5)	✗	✗	✗
companion care (5)	✗	✗	✓
memory dementia (5)	✗	✗	✗
care respite (5)	✗	✗	✗
livein care (5)	✗	✗	✗
memory dementia care (5)	✗	✗	✗
home services (4)	✗	✗	✗
services personal (4)	✗	✗	✗
services bath (4)	✗	✗	✗
bath grooming (4)	✗	✗	✗
grooming care (4)	✗	✗	✗
care dressing (4)	✗	✗	✗
toileting care (4)	✗	✗	✗
care mobility (4)	✗	✗	✗

mobility support (4)	×	×	×
support care (4)	×	×	×
care incontinence (4)	×	×	×
care meal (4)	×	×	×
meal preparation (4)	×	×	×
preparation light (4)	×	×	×
light housekeeping (4)	×	×	×
housekeeping care (4)	×	×	×
care glossary (4)	×	×	×
glossary care (4)	×	×	×
services home (4)	×	×	×
safety care (4)	×	×	×
care knee (4)	×	×	×
knee surgery (4)	×	×	×
care laundry (4)	×	×	×
laundry linen (4)	×	×	×
linen home (4)	×	×	×
home hip (4)	×	×	×
hip surgery (4)	×	×	×



Headings

The webpage does not have any H1 headings! These headings are useful for indicating the main topics of the page to search engines. Although they are not as crucial as good meta titles and descriptions, H1 headings can still help clarify the topic of the page for search engines.

h1 2 ▼

h2 5 ▼

h3 13 ▼

h4 1 ▼

h5 6 ▼

h6 10 ▼



robots.txt

Congratulations! This website has a 'robots.txt' file.

 ads.txt	This website lacks an ads.txt file. Adding this file helps protect your ad revenue by preventing unauthorized parties from selling your ad inventory
 Sitemaps	Congratulations! This website has a sitemap file. Sitemaps 1
 SEO Friendly URL	This webpage includes some links that are not SEO friendly. SEO unfriendly URL 4
 Image Alt Text	This webpage is using 33 'img' tags with 2 tags empty or missing 'alt' attribute! Images without ALT tag 2
 Inline CSS	This webpage is using inline CSS styles! Inline CSS 64
 Deprecated HTML Tags	Congratulations! This webpage is not using deprecated html tags
 Google Analytics	Congratulations! This webpage is using Google Analytics.
 Favicon	Congratulations! This website appears to have a favicon. 
 Charset Declaration	Congratulations! This webpage has a character encoding declaration UTF - 8
 Social Media Presence	Congratulations! The webpage have social media links. facebook 2

 Meta Canonical	Congratulations! This webpage is using the Canonical meta tag! https://unitedrespitecare.ca/
 Meta Refresh	Congratulations! This webpage is not using the Refresh meta tag!
 Custom 404 Error Pages	Congratulations! This website has a custom 404 error page . It is recommended to have a custom 404 error page to improve the user experience for your website by letting users know that only a specific page is missing or broken (not the entire site). You can also provide helpful links, the opportunity to report bugs, and potentially track the source of broken links.
 In-page Links	This webpage has 2 internal links Internal Links 2 ▼ Mail To Links 1 ▼ Telephone Links 4 ▼
 Language	Congratulations! This webpage has language declared en-US
 NoIndex Tag	Congratulations! This webpage does not use the noindex meta tag. This means that it can be indexed by search engines.
 Nofollow Attribute	All or most external links on this webpage are marked with the nofollow attribute — link equity will not be passed to those external pages. Urls doesn't Have nofollow attribute 5 ▼
 Noopener & Noreferrer Attributes	Some external links on this webpage are missing the noopener or noreferrer attributes, which may pose security or privacy risks. Urls doesn't have noopener & noreferrer attribute 3 ▼
 Google Site Verification	Congratulations! Google site verification found! oM8sM84izA8Yy9aZNd9E5nLtpTERmVAnhMwm_gMwFfI

 Plaintext Email	This webpage include 1 email addresses in plaintext. Plaintext Email 1
 Structured Data	Congratulations! This webpage doesn't take the advantages of HTML Microdata or JSON-LD specifications in order to use structured data! View Google's guide for getting started with structured data. Schema.org 1
 Meta Viewport	Congratulations! This webpage is using a viewport meta tag. <code>width=device-width, initial-scale=1</code>
 URL Canonicalization	Congratulations! This webpage has valid canonical link <code>https://unitedrespitecare.ca/</code>
 Disallow Directive	Congratulations! Your robots.txt file includes a disallow command which instructs search engines to avoid certain parts of your website! You are advised to confirm if access to these resources or pages are intended to be blocked (e.g., if they contain internal-only content or sensitive information)

Speed optimizations

 Load Time	 The loading time of this webpage is around 5.39 seconds and is greater than the average loading speed which is 2.5 seconds!
 Page Size	Congratulations! This webpage's HTML is smaller than the average, clocking in 211.74 as opposed to the typical 97.66 kB. Websites that load quickly provide a superior user experience, and tend to have higher conversion rates and better search engine rankings.
 Dom Size	Congratulations! The Document Object Model (DOM) of this webpage has 1323 nodes which is less than the recommended value of 1500 nodes.
 HTML Compression/GZIP	 This webpage is not compressed. The compressed HTML code could save up to 85% of download size. This helps ensure a faster loading webpage and improved user experience.

 JavaScript execution time	 Java script take too much time to execute Execution Time: 3.79 sec
 First Contentful Paint Test	 The First Contentful Paint duration of this webpage is 4.51 seconds. For a good user experience, sites should aim for FCP of 1.8 seconds or less.
 Largest Contentful Paint Test	 The Largest Contentful Paint duration of this webpage is 4.56 seconds. To provide a good user experience, sites should strive to have Largest Contentful Paint of 2.5 seconds or less.
 Cumulative Layout Shift Test	Congratulations! The Cumulative Layout Shift (CLS) score of this webpage is 0.0465. To provide a good user experience, sites should aim for a CLS of 0.1 or less.
 Render Blocking Resources Test	Not Eliminate render-blocking resources Render Blocking Resources 28 
 Console Errors	Congratulations! No browser errors logged to the console
 Http Requests	This webpage has 124 http requests, which is more than the recommended 25 http requests. A higher number of http requests can slow down page loading and negatively impact user experience! img33 script49 link41 iframe1
 CDN Usage Test	This webpage is not serving all resources (images, javascript and css) from CDNs! CDN List 38 

 Image Caching

This webpage is not using cache headers for all Image resources.

Image Cache Links 14

Image Uncache Links 1

 Modern Image Format

This webpage is serving **0 images** that aren't in modern format!

Legacy Format Images 15

 Image Metadata Test

This webpage is using images with large metadata.

 JavaScript Minification

This webpage has total 8 JavaScript links

JavaScript Minimized Links 6

JavaScript Unminimized Links 2

 JavaScript Caching

This webpage has total 8 JavaScript links

JavaScript Cache Links 6

JavaScript Uncache Links 2

 Defer Javascript

This webpage has **8 JavaScript** resources without the defer attribute.

JavaScripts without defer 8

 CSS Minification

This webpage has total 8 Css links

Css Minimized Links 8

 CSS Caching

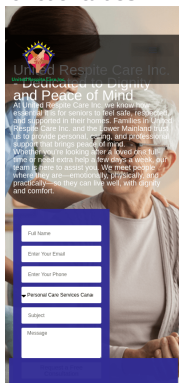
This webpage has total 8 Css links

Css Cache Links 8



Mobile Snapshot & Responsiveness

Congratulations! This webpage is using CSS media queries, which is the base for responsive design functionalities.



Server and Security



SSL Checker and HTTPS Test

! This webpage does not have SSL and not using secure communication protocol over the Internet



Mixed Content (HTTP over HTTPS)

Congratulations! This webpage does not use mixed content - both the initial HTML and all other resources are loaded over HTTPS.



Server Signature

The server signature is on for this webpage! Turning off the server signature is generally a good idea from a security standpoint.

cloudflare



Unsafe Cross-Origin Links

Congratulations! This webpage is not using **target='_blank'** links without **rel='noopener'** or **rel='noreferrer'** attribute.



HTTP2 Test

! This webpage is not using the HTTP/2 protocol!



HSTS

! This webpage is not using the **Strict-Transport-Security** header! This is a security header that was created as a way to force the browser to use secure connections when a site is running over HTTPS.



SPF Records

Congratulations! This DNS server is using an SPF record.

```
v=spf1 include:_spf.google.com ~all
```



Advance



Flash Test

Congratulations! This webpage does not include flash objects (an outdated technology that was sometimes used to deliver rich multimedia content). Flash content does not work well on mobile devices, and is difficult for crawlers to interpret.



Nested Tables

Congratulations! This webpage is not using nested tables. This speeds up page loading time and optimizes the user experience.



Framesets

Congratulations! This webpage does not use frames.



Doctype

Congratulations! This webpage has a doctype declaration.

```
<!DOCTYPE html>
```



URL Redirects

Congratulations! This URL doesn't have any redirects (which could potentially cause site indexation issues and site loading delays).



Safe Browsing Test

Congratulations! The URL is safe to browse.



Directory Browsing Check

Congratulations! Directory Browsing is Disable



Content Length Test

Congratulations! The webpage have **216732 words** on page.

Audit your next site free, no credit card

This report was generated with SEO Site Checker, 100+ free SEO and website tools.

[Run another free SEO audit](#) [Browse 100+ free tools](#) [seositechecker.pro](#)