

## Tips for Caregivers

- ❖ Educate yourself about your loved one's health, including strengths and illnesses.
- ❖ Discuss with your loved one his/her relationship with their physician. Find out how you can become involved in health decisions.
- ❖ Stay in charge of your life. Don't let your loved one's illness or disability dominate your hopes and plans.
- ❖ Ask for assistance and accept assistance when offered. Suggest specific things people can do to help out.
- ❖ Remember to assist your loved one in remaining independent with the tasks he/she can do. You don't have to do everything for your loved one.
- ❖ Acknowledge changes and losses in your life and allow time to adjust. Take time to make new plans and dreams.
- ❖ Seek out other caregivers for support and guidance.
- ❖ Keep important contact information and important papers together and handy.
- ❖ Acknowledge your hardships, caregiving is not easy. Allow yourself room to make mistakes and learn new techniques.
- ❖ Watch for signs of stress or depression. Seek assistance from a support group, counselor, or your physician. It is important to stay healthy.
- ❖ Contact local agencies that offer assistance and support to you and your loved one.

### Checklist

#### *Before Your Loved One Moves In*

- ❖ Is there enough room in your home for everyone to have privacy?
- ❖ How much care does your loved one require?
- ❖ How do you feel about sharing your household?
- ❖ Is your home adaptable for someone who may have disabilities or who may have limited mobility?
- ❖ Are there safety issues in your home that could cause falls (i.e. extension cords, throw rugs)?
- ❖ Is your bathroom equipped with grab bars and/or handrails for safely getting in or out of the tub?
- ❖ Have you and your loved one discussed his/her involvement in social activities outside of the home?
- ❖ Can he/she live independently? Does he/she require supervision? Can he/she stay safely in your home alone?
- ❖ What is your availability in providing care for your loved one? Are there limitations to your ability to assist?
- ❖ What are your plans if more care is needed for your loved one?
- ❖ Have you or your loved ones discussed long-term plans for care?
- ❖ Are you aware of the local resources for support for you and your loved one?

*For more help and information please call Bristol Elder Services at 508-675-2101  
or visit their website at <http://www.bristolelder.org>*