



## HOME CARE TIPS

Make the patient as comfortable and safe as possible. This can reduce stress for them and yourself. The more secure they feel, the less likelihood they will become confused, aggressive or agitated.

- **Buy a small, lightweight pitcher.** Keep it filled with water and convenient for your loved one to get at. Remind them to drink water regularly.
- **Avoid hanging a lot of mirrors.** Mirrors can be confusing, as the elderly may not recognize their reflection. Use smaller mirrors and place them higher on the walls if needed.
- **Use large dials and number pads.** Make sure buttons and numbers on remote controls, digital clocks and phones can be easily seen, read and used.
- **Buy your loved one's clothing in basic colors like black, tan, white, cream and green.** This will make it easier for them to pick out their own clothes. Organize their closet as well.
- **Establish a routine.** Routines provide them structure, keep them organized and provide assurance. Keep the routine flexible though to allow for activities, planned or unplanned.

## TIPS FOR THE CAREGIVER

Entering into your caregiving role is an adjustment, sometimes planned and other times unexpected. There will be changes in your life which can be stressful. Use these tips to transition.

- **Set boundaries.** Having no boundaries can create a burnout. Establish rules early on.
- **Be flexible as you settle in.** It's a learning process, allow for flexibility.
- **Research types of help for different needs.**
  - A. You can get help with care giving. It can be expensive. Some organizations offer people to sit with the elderly while you run errands.
  - B. Talk with other caregivers through support groups. <https://www.agingcare.com/Caregiver-Forum> is a great place to start for online support.
  - C. Your state website will have information and people for you to contact. <http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>
  - D. Try your local hospital, religious organization and even nursing homes to in-person support groups you can attend.
  - E. EAP has help available too.

<https://www.agingcare.com/Articles/caregiver-tips-taking-care-elderly-parents-146706.htm>

[http://www.caregiver.com/articles/homecare/homecare\\_tips.htm](http://www.caregiver.com/articles/homecare/homecare_tips.htm)

<http://www.elderlycaretips.info/>