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(866)-677-2440



Tips for Caregiving

Be prepared for any emergency:

- ◆ Always have emergency supplies on hand. These should include a flashlight with extra batteries, bottled water, extra medications, and a battery operated radio
- ◆ Always know where all the emergency numbers are in the home. Keep the numbers on a wall or cabinet near the phone
- ◆ Have a monitor in the room where the client is resting and a monitor in another room where you might be (kitchen, laundry, or other).
- ◆ Keep a calendar near the phone with physician and other appointments
- ◆ Always have the gas tank at least half full
- ◆ In an emergency, always call 911 first. You can involve others later, such as family members or an agency who is involved in delivering care.

Don't be afraid to seek out help:

- ◆ See what services may be provided by your church, synagogue or what you may be qualified for through your Area Agency on Aging
- ◆ Look to other individuals in the family who may be willing to help, even if only on a limited basis. This can mean running an errand, visiting, or escorting to a church service.
- ◆ Hiring a home health agency, even for small amounts of time or certain tasks, can be of great help and help preserve the dignity of the individual receiving care.

Make sure you stay on top of medications

- ◆ When medication changes, throw out the former medication.
- ◆ Take the time to write down all the medications your loved one is taking, including over-the-counter medications and review with the primary care physician. Keep them handy in case of emergency.
- ◆ Keep medication in locked cabinet or drawer if caring for a confused patient.