



Caregiver Support

caring for the ones you love



Emergency Contacts



This contact sheet can be used to quickly find important information.

Primary Contact

Relationship

Address

Phone

e-mail

Other Contact

Relationship

Address

Phone

e-mail

Other Contact

Relationship

Address

Phone

e-mail

Emergency Departments

In the event of a medical emergency, call 911 or go to the closest emergency room.

Police

Fire

Urgent Care

Preferred Hospital

PCP

Care Team



These are the medical professionals you should contact for health advice or to coordinate medical care.

Main Medical Contacts

Primary Care Physician (PCP)

Phone

e-mail

Nurse

Phone

e-mail

Pharmacy

Phone

Address

Hospital

Phone

Address

Other Support

Remember to update medical and emergency contacts frequently to keep it current.

	Phone Number	E-mail	Address
Doctor			
Doctor			
Dentist			
Eye Doctor			
Friend			
Neighbor			
Religious Contact			

Keep Track of Your Medications



We've created a handy sheet for you or your loved one to record all the medicines and prescriptions you may have. Make sure to list the dose and frequency of each one, along with any notes either you or your loved one may need to remember.

Medication	Doseage	Frequency	Notes



Pharmacy

Start the Conversation



Conversations about your loved one's care needs can be hard. Here's some tips on how to get the conversation started:

Find a calm and quiet place to have a discussion.

Avoid interruptions and distractions.

Plan out what you want to talk about.

Talk from a perspective of concern and care.

Consider your loved one's concerns.

Avoid being dismissive, critical, and confrontational.

Reassure your loved one you will work with them to solve their challenges.



What Questions to Ask



How are you feeling, really? How is your energy level and appetite? Are you sleeping well?

How are you managing around the house? Are you getting out as often as you would like?

What are you most concerned about?

How can I be sure that your safety and well-being are taken care of?

Have you had a complete physical exam lately? Can I go with you to a doctor's appointment?

Would you like to remain at home or move to a care facility down the road (if needed)?

What medications are you taking, and what's the dosage?

What conditions are you taking these drugs for? Where are your prescriptions filled?

Are finances a concern? Would you like help paying bills or organizing a monthly budget?

Who is your lawyer? Do you have a will, a health care power of attorney or a living will?



Home Safety Checklist



Questions to Ask Your Loved One

Everyone has unique safety needs as part of their personal health journey, but there are a few things to keep in mind as you help get everything ready at home.

- Where do you spend the most time when you are at home?
- How do you usually move from room to room?
- Is there anything that you feel is unsafe in your home?
- Do you need anything to be updated or fixed?



Checklist



Lighting

Make sure every area of the house is well lit. Don't forget areas like the garage, basement or front and backyard.



Walkways and steps

Check the driveway for cracks and bumps, or anything that could cause someone to trip. Walk up and down the stairs to make sure nothing's loose or broken, and firmly test the handrails.



Doors and entryways

Doors should be easy to open and free of any obstructions. Doormats should be secured in place without any upturned corners.



Bathrooms

Confirm that toiletries, prescriptions and essential items are all within easy reach. Check that the shower/bathtub has a non-slip mat or strips and, if needed, a grab bar or seating options.



Bedrooms

Ask yourself, "Can my loved one get in and out of bed safely and comfortably?" Remove any clutter or unnecessary hazards to clear the path to the bathroom or hallway.



Trouble spots

Mark high-accident zones with bright tape. These could be the top or bottom of the stairs or areas where furniture sticks out.



Don't Forget to Care for Yourself



Practicing self-care is important, and connecting with others can be a great way to relieve tension and stress. Even a simple conversation with friend or family member can make all the difference. Here are some ideas to get you started:

- Research adult day care centers in your area. These could give you some time off to spend with friends, family or others. If you need help, a Resources For Living consultant can help you find centers close to you.
- Remember to recognize your accomplishments as a caregiver instead of dwelling on your challenges. A counselor or life coach can help you deal with difficult emotions and find new ways to tackle any troubles you face.
- Join a support group that's run by a qualified professional. These groups allow caregivers to talk about common feelings and challenges, and you might even make some new friends. Contact a Resources For Living representative to find out about local meetings in your area



Common Community Resources



As a caregiver, it's good to know about the support options available to you. Check out this list of common services and resources that may be available in your community.

Retirement communities or Section 8 housing: Apartments for those who can live independently with minimal support services.

Assisted living: An apartment-like setting with some support services for personal care. It provides both independence and support if your loved one is in relatively good health.

Skilled nursing facility: Provides 24-hour nursing care for a loved one with a serious condition who has been released from the hospital.

Home health care: From personal care to skilled nursing services. It includes services like bathing, toileting, housekeeping and meal preparation, wound care, physical therapy and administering medications. It's for those who want to remain in the home but need extra care.

Transportation services: Door-to-door transportation to medical appointments, shopping and local events.

Senior centers: Places where your loved one can socialize, take part in activities or classes, and perhaps share a meal.

Housekeeping or maintenance: Help with household tasks such as cleaning, laundry, cooking and shopping; or handyman services such as home repairs and yard work.

Meal services: Home-delivered meals if your loved one can't cook or shop on their own. This is often called Meals on Wheels.

Bill payment and tax assistance: Trained volunteers can help manage monthly finances and file tax returns.

Social support: Community programs such as Friendly Visitors or phone calls to keep in contact with your loved one living at home.

Emergency response system: A bracelet or necklace triggers a call to you as the emergency contact or to local emergency services.

Adult day care: Transportation to a supervised care facility for activities during the day if your loved one needs constant monitoring. Many programs offer Alzheimer's care, for instance.

Respite facility: Longer-term care for your loved one (up to a couple of weeks) to give you a longer break.

Hospice care: End-of-life care for when your loved one has less than six months to live. The goal is to make them comfortable and ease their passing at home or at a residential facility.

Area Agency on Aging (AAA): This national association's mission is to help older adults and people with disabilities live with dignity and find care choices in their homes and communities. You can find the national listing at n4a.org.