

IDEAS FOR CARING FOR THE ELDERLY

Advice from one Caregiver to Another

By Debbie Condie

1. Be sure to explore and learn about all available resources and get as much support from others as possible
2. Be willing to accept help when it is offered
3. Avoid getting overly stressed and exhausted. Take good care of yourself.
4. Do not feel guilty if caring for an elderly loved one is more than you have physical or emotional strength to do. Sometimes it is better for you and or your elderly loved one to be cared for in an assisted living or nursing home facility.
5. When caring for an elderly person at home you may need to have special equipment or medical devices and supplies. Make sure the home is safe for an elderly person. For example, you may need to eliminate throw rugs or install baby gates or locks.
6. Stay connected to your friends and help the elderly person you care for stay connected to their friends.
7. Look for support groups. They can be a great resource.
8. Make some relaxing and fun time to spend with an elderly person. There is a lot we can learn from the elderly.
9. Help the elderly continue to be as active as possible. Plan outings away from home when physically possible.

10. Help an elderly person continue to enjoy old hobbies or interests. Even if they are not able to do something physically, they will enjoy watching other do it.
11. Make sure you understand the financial needs and get help with that if necessary.
12. Be incredibly careful with medications. Make sure they are being administered properly. Keep good records of the medications that are being taken.
13. Make sure an elderly is getting the proper amount of fluids to drink and food to eat. Nutrition is very important.
14. It is essential to keep track of bowel and bladder functions. This should be done in a written record.
15. Make sure if there is any change in cognitive and physical functioning your elderly person is seen by a doctor immediately.