

Planning for Safe Home Caregiving

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Services Available

- Home Health Care: Skilled Nursing, Physical Therapy, Occupational Therapy, Aide Care, Medical Social Services, Speech Therapy, Nutritional Services, and Ostomy Nurse Care
- Patient and Family Education

Services Available

- Hospice Care: Skilled Nursing, Medical Social Services, Therapy Services, Aide Care, Chaplain Services, Respite Care, General Inpatient care, Medical supplies, Equipment and Medications as allowed by the Hospice, and Bereavement Services.

Services Available

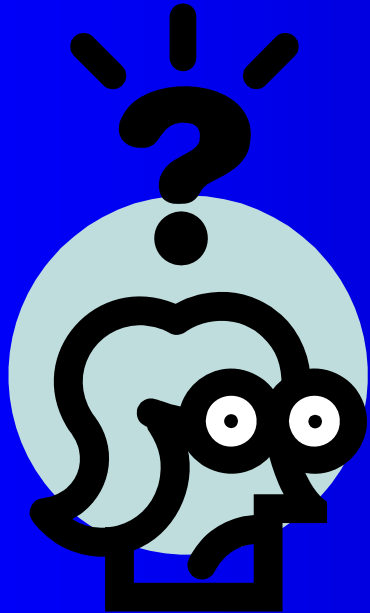
- Personal Care Services
- Chore Services: Laundry, Housekeeping, and grocery shopping
- Adult Day Care
- Minor Home Adaptations: Accessibility
- Transportation Services
- Home Medical Supplies

Services Available

- Senior Companion Program
- Oxygen
- Respiratory Services
- Lifeline
- Meals on Wheels

What Do I Need to Know?

- Becoming involved helps you feel less anxious.
- Caregivers play an important role in keeping the patient at home.
- Patient's well-being is enhanced.



Medications

- Know the drug name
- Know the purpose
- Know the correct dose
- Know when to take it
- Know how to take it
- Any special precautions
- Storage of medications
- Remember to ask: What is that and what is it for?

- Let your doctor know if you have any questions about the symptoms you are experiencing.
- Refill your medications before they run out.
- Medication List: Include OTC
- Throw away old medications
- Pain

What Do I Eat?

- Check out the meal tray in the hospital
- Is there a limit for salt or sugar?
- Learn to read labels
- Flavor: Fresh ingredients and spices
- Lack of appetite: go slow
- Feeding tube: How does it work? Can you put medications through it?

Written Instructions!

- Ask about the care needed:
 - Exercise
 - Shower
 - Limitations
 - Treatments
 - Current medication list
 - Follow-up appointments

Safe Home Environment

- Remove hazards
- Provide good lighting
- Oxygen safety
- Fire safety: smoke detectors, fire extinguisher, fire evacuation plan
- Hand rails on stairs
- Emergency Preparedness
- Good hand washing

- Use good body mechanics
- Get help when you need to get up or walk.
- Make sure any medical equipment is working correctly.
- Prevent skin breakdown: move or turn at least every 2 hours, keep skin clean and dry, use lotions to help with circulation, and protect the bony areas.

Finances

- Become your own Insurance expert.
 - Know what is in your policy
 - Know what it pays for
 - Know what needs to be prior authorized
 - Learn how to navigate the health care system.
- Ask for help to manage personal finances

Caregivers

- In 2000, the economic value of family care giving was estimated at \$257 billion.
- Problem solvers
- Expected to monitor the condition, recognize abnormalities, and know how to respond.
- They are the eyes and ears for the doctor.

Taking Care of the Caregiver

- Stressful or Rewarding
- Self-care can be compromised:
 - Insomnia
 - Forgetting to take medications
 - No time to exercise, see a doctor or rest.
- Working with your health care provider will ease the load.
- Take a break for yourself

Special Issues

- Sometimes patients are dealing with declining health and loss of independence: give them time, each person deals with this loss differently.
- Give Encouragement
- Seek help for symptoms of depression or anxiety.

The Near Future

- Tele-health
- Electronic Health Records
- Tax advantages or stipends for caregivers in the home.
- WHCoA Report (White House Council on Aging) meets every 10 years to help guide aging policies for the next decade and beyond.

Thank you and Safe Home Caregiving

