

Caregiver Checklist

By Kimberly French

- Caregiver
 - Decide which of the family members will help the caregiver.
 - Decide how much help they will be able to give.
 - Establish a good relationship with the patient's medical doctor.
 - Meet with a lawyer to get legal advice on decisions that need to be made about health care and finances.
 - Learn all you possibly can about the illness so you can deal with it in the best possible way.
 - Try to teach family and relatives about the illness so they will understand what is happening to the patient.
- Your Patient
 - Reassure and comfort the patient, repeatedly, with words or hugs.
 - Give the patient time alone if he or she needs it.
 - Keep your sense of humor.
 - Read the patient's body language.
 - Stay with the patient during an activity.
 - Never assume the patient does not understand what is being said or done.
 - Keep a watchful eye and step in gracefully when the patient needs assistance.
 - Make a safe sleeping area.
 - Be sure tea or coffee is not too hot.
 - Include exercise in the patient's daily routine.
 - Make sure anything you leave lying about is harmless.
 - Do not attempt full care without assistance.
 - Allow children and pets to play with the patient.
 - Take the patient outdoors several times a day.
 - Give the patient pleasure with music.
 - Be alert for signs of developing physical problems.
 - Bathe the patient daily.
 - Always have assistance when trying to lift the patient.