

Caring for Someone at Home



Your loved one's doctor believes it is safe for them to get care at home. An important part of this care is having someone who can help care for them at home. Your loved one believes that you are a reliable person who can play an active role in their care journey. Being a caretaker is a responsibility, but you can bring joy and hope to your loved one during their care journey.



How Can I Help?

Your loved one will have a care team available 24/7 to give them medical help. You can help by making sure that your loved one is following the care team's instructions. It's also important to speak up when you or your loved one has questions, concerns, or barriers. Here are some ways you can help:



- Prepare healthy meals for your loved one. Talk to the doctor to see if there are specific dietary guidelines you should follow.



- Talk to the doctor about activity level and encourage your loved one to be active if it safe to do so.



- Keep up with housekeeping needs like laundry, mail, dishwashing, cleaning, pet care, etc.



- Run errands like grocery shopping.



- Make sure the home environment is clean and free of fall hazards.



- Set medication reminders, make sure medicines are being taken, and stored safely.



- Find activities that your loved one enjoys. Mental, spiritual, and emotional health are important, too.



- Don't hesitate to ask questions. Whether you have questions about technology or health care—the care team is there to help.



- Encourage your loved one. This can be an isolating and stressful time for them. Be able to recognize when they need encouragement and offer it when they do.

You can use your tablet to have a video or chat with a care team member 24/7.

You can also use the telephone to contact the care team anytime.

LOCAL NUMBER **214-432-8322** | TOLL FREE NUMBER **833-369-1127**

If your loved one has a medical emergency, call 911 right away.

Take Care of Yourself

Take care of yourself so that you can be a good caretaker for your loved one.



Actively manage stress.

Have a plan to manage your stress. Stay active, meditate, pray, or talk to a friend or therapist. Do what works best for you before the stress becomes harder to manage.



Care for your body.

Eat regular meals, stay hydrated, take medications and vitamins regularly, get enough sleep, and stay active.



Stay organized.

Organize medical information so it's up to date and easy to find. Make sure legal documents are in order.



Stay connected.

Call or use video chat to spend time with family and friends. Isolation for you or your loved one can magnify negative feelings, so it is important to connect with others.



It's okay to need help.

Ask the care team for caregiver resources. You are not alone! Accept offers of help and suggest specific things people can do to help you.

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