



BEING A CAREGIVER FOR A LOVED ONE

Caring for a loved one can be consuming, hard work. It can also be a soulful, fulfilling service to another human being. Being a caretaker involves both **doing and being**. Both are important and both will need to be addressed when caring for a loved one.

The **DOINGS** of a caretaker. Actions we take as caregivers.

- Marshal a robust support system of family, friends, and providers to support you and your loved one. Make specific requests from friends, family, and support groups for help.
- Appreciate the time demands of these activities. Allocate and prioritize your time when taking on these responsibilities.
- Taking over duties in household from loved one.
 - Cooking
 - Cleaning
 - Repairs
 - Laundry
 - Keeping calendar
 - Gardening
 - Driving
 - Finances
 - Bill paying
 - Communicating
- Managing medications-learning sorting and administering.
- Capturing data and instructions during doctors' visits.
- Arranging for home health care and other services.
- Gathering information about coverage and negotiating with insurance companies about coverage.
- Ensuring that all doctors are coordinating with each other on medical treatment such as medications.
- Advocating for loved one while in hospital with case manager and medical staff.
- Communicating with family and friends about your loved one's condition.
- Plan for 911 emergencies. Documents at the ready including medications, insurance, legal, etc.

The Way of Being to be a fulfilled and more complete caregiver.

- Don't do for your loved one what they can do for themselves. Their being useful is psychologically beneficial.
- Learn to deal with your own stress and anxiety when your loved one is sick.
- Be aware of overwhelm and take care of yourself.
- Seek psychological support from professionals when needed.
- Know when you are feeling the anxiety of your loved one who is sick,
- Lead a life that is more than being a caregiving; whatever that means for you.
- Remember that people being cared for many times just want you to BE with them. Most greatly appreciate human touch.