

Being a Caregiver

A checklist to healthy caregiving

It is important for both the care receiver and the caregiver to maintain healthy and balanced lifestyles. Use this checklist as a general guide to assure you that you are on the right path to a healthy caregiving relationship.

The care receiver should:

- have all legal and financial matters, such as continuing power of attorney documents, in order and available
- attend all scheduled and needed health and dental appointments
- have a clean, safe, and hygienic living environment
- have proper nourishment and sleep each day
- have all hygiene and personal grooming needs met each day
- perform exercise and have social events as often as possible
- utilize respite services on a regular timetable to give the caregiver an occasional break
- review their needs and level of care on a regular basis with the caregiver to ensure that it continues to be safe to remain at home

The caregiver should:

- attend all of their own health and dental appointments
- only take medications as prescribed to maintain their own health
- eat balanced meals every day and get 7 to 9 restful hours of sleep each night
- get out for exercise or social activities at least once per week
- speak with relatives and friends at least three times a week
- accept as much help as available from home care services, friends, and relatives
- regularly review new resources or consult with health team members for caregiving education to help make challenging tasks easier

Some very helpful reading:

The Caregiver's Handbook, from the American Association of Retired Persons, find link in:

http://rgp.toronto.on.ca/caregiver_resources