

# Practical Tips for Caregiving



Consider your hospice care team a partner in meeting the changing needs of the person who receives your care. Knowing that practical care needs are met can give you the peace of mind to be able to focus on making the most of each day.

- Protect your quiet time – use the answering machine to screen calls or hang a “do not disturb” sign on the door when resting.
- Establish “visiting hours” so that you can control your privacy and time as much as possible.
- When cooking, make simple meals twice as much, freeze the extras.
- Use paper goods to shorten clean-up time.
- Cut down on shopping trips by buying extra supplies of items that you know you will need.
- Make a list of items you need and keep a small amount of cash on hand so that you can easily reimburse helpful friends when they offer to run an errand.
- Create a schedule. You might not be able to follow it exactly, but knowing you have a plan for the day can reduce anxiety and help you feel more in control.
- Pick a willing family member or friend to be in charge of relaying updates by phone or e-mail to others who are concerned.
- Get a notebook or folder to use as a centralized place to keep track of phone numbers, medications, appointments, etc.
- Be ready with an answer when a friend asks, “Is there anything I can do to help you?” Make a list of simple errands or chores that need to be done, but don’t have to be done by you. Save your time for the things that are most important to you.

Think about the people in your life. Who could become part of your support system? Who do you trust to walk the dog? Who can spend time with the person you care for so that you can get out to take a walk or relax? Remember that your hospice care team is here to help you provide care. Please call your Hospice team anytime for more information or support.