

Agape Chronicles

Becoming a Caregiver



As you gather together this Holiday Season with family and friends you may notice a difference in the way Mom, Dad, Grandma or Grandpa are caring for themselves and their home. The differences may be slight or so apparent that you realize it's time to take an active "caregiving" role in their lives. We hope the following checklist will help you as you begin the caregiving process.

Evaluating Needs

- Assess the situation
- Is there an acute illness, worsening or chronic condition?
- Has there been an accident?
- Is there a crisis now?
- How quickly must you act?
- What resources are available?

If there is a crisis situation, stabilize it. Create Action Plans Immediate and Long Term Remember to include your loved one in the planning and decision making process whenever possible. Be careful not to take control of the aspects or their lives they are still capable of handling on their own.

Gather Information

Get Organized

- Health Records
 - Dr.'s names & numbers

- Diagnosis and Medications (Assisted Living Facility with continuing care)
- Financial Information
 - Available liquid funds
 - Investments
 - Assets
 - Debts
 - Insurance
- Support Services
 - Family Availability
 - Faith Based Services
 - Government Services
- Financial Considerations
 - Living with a family member
 - Living in a skilled facility (Nursing Home)
 - Loved ones assets
 - Spending your own resources
 - Lost hours at work/lost Wages
 - Enlisting family members time and money

Now that you have gathered this information you can begin to match the wishes and goals of your loved ones with the resources and assets available.

A Few Things to Consider

- Housing Considerations
 - Living independently at home
 - Living independently at home with in-home care
 - Living independently in a structured environment

Approach caregiving as a process. Don't try to handle everything immediately. Communicate! While talking with your loved one may be difficult, communication will be the key to success and maintaining healthy, loving relationships.

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If your loved one does not feel like talking, give it a rest and try again another day.

ALWAYS respect your loved one's opinions, whether you agree with them or not.

Watch your attitude and body language. You may be generations apart in your ideas and methods, but your objectives are the same: The best quality of living and safe loving care.

There will be many issues for you to consider as you become a caregiver. Our hope is that we have given you some starting point information as you endeavor to become a caregiver.

**Visit our website
elderpages.com/lancaster
for more helpful links for
caregivers.**

Please Pray for Our Troops!

**THE TASK BEFORE YOU IS NEVER AS GREAT
AS THE POWER BEHIND YOU**



**BE STRONG IN THE LORD AND IN HIS MIGHTY POWER
EPHESIANS 6:10**