



A Plan For Senior Care's Guide To Caring For Your Caregiver

In honor of Valentines' Day, show your appreciation for your loved one's caregiver. Sharing that you notice their dedication and that you care about him/her is important. Below are some ideas to show that you care.



Communicate

Be open and honest with your communication with the caregiver. Caregivers face common problems like stress, depression, and anxiety. Having the support of the family can lessen these feelings by creating a positive, appreciative and loving environment. Allow him/her to express their needs and feelings.

Offer Assistance When Needed

Sometimes a caregiver needs help to complete a task for the senior but will be reluctant to ask. Let the caregiver know you are receptive to assist them when needed or will get them help.

Work With The Caregiver's Schedule

It is the caregiver's job to assist the senior with getting ready for the day, preparing and serving meals, and helping the senior with an activity. When the caregiver has an emergency or requests personal time off, adjust the schedule so that both needs are met, and everyone involved is content.

Watch For Signs of Trouble

Caregiving is challenging, and stress can manifest itself in emotional or physical ailments. Caregivers often neglect their own care. Keep an eye on the caregiver (even if it's by phone) to notice if anything is wrong or behavior is out of the ordinary. Remind them it is okay to seek treatment for themselves. Provided time off if needed.

Give An Appreciation Gift

Surprise your caregiver with a gift of appreciation which doesn't have to cost any money. Send a note of gratitude or encouragement. You can consider a paid time off, a small gift like flowers, homemade cookies, a meal out, a gift card, etc.

If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. A Plan For Senior Care will be happy to create a personalized care plan for your loved one.