

## CHANCES ARE YOU CAN'T DO THIS JOB ALONE!

*Organize shifts of caring family members or friends so, ideally, someone is with your loved one around the clock, or whenever permitted by the hospital.*



## HELPFUL RESOURCES:

*If you need additional help or advice, you may want to reach out to a professional patient advocate here:*



## HOW TO HELP

# TAKE CARE OF THE CARETAKERS — ESPECIALLY YOU!

### TAKE GOOD CARE OF YOURSELF!

- **Stay warm, rested, and hydrated**—drink lots of water!
- **Try to get a little exercise.** Stretches and walks do wonders for body, mind, and soul.
- **Feel free to use the hospital chapel.** The hospital can arrange for a visit from a rabbi, priest, or minister for your loved one, too. Just ask!
- **Bring some distractions**—a book, magazines, a deck of cards, soothing music. These are nice to share with your loved one whenever they are up to it.



### HELP LIGHTEN THE LOAD FOR HOSPITAL STAFF:

- **If you are able-bodied,** offer to help change the sheets.
- **Keep your loved one's room neat** and tidy— clutter-free.
- Remember! Items on the floor can cause a fall.
- Keep the bedside table clear for important personal items (i.e., glasses, phone, hearing aids, book).
- **When making a trip to the cafeteria,** consider bringing something back to the nurses! Coffee? Tea? Water? Treat? So appreciated!

