



Self-Care While Caregiving

1) Knowledge is Power

The more you understand about the diagnosis or condition, the better you will be able to respond to the needs of your loved one and the less frustrated you will be.

2) Recognize Warning Signs of Stress

Trouble focusing	Difficulty making decisions	Change in sleeping habits
Feeling overwhelmed	Feeling edgy or irritable	Becoming isolated
Consuming sleeping pills, alcohol, or caffeine?		Feeling hopeless

3) Identify the stressor

Example: I feel a loss of freedom when I can't go out of the house because there is no one to look after my mother.

I feel _____ when _____

4) Accept that there are things you CANNOT change and improve on those you CAN.

You cannot change the condition or the way in which your loved one reacts to his or her condition, but you CAN change the way in which you RESPOND to the condition and it's effects.

5) Ask for Help and Accept Help

- I need help with _____
- My support network: _____

6) Make a Physical Change in Helping Yourself

Eat healthy meals	Rest	Sleep
Exercise	Socialize	Reward Yourself
Add Structure	Laugh	Talk to someone
Breathe	Have fun	Forgive yourself

7) Develop S-M-A-R-T goals and/or plans

- **Simple-** A specific goal has a greater chance of being accomplished than a general goal.
- **Measurable-** Make sure that you are able to measure your progress.
- **Attainable-** Develop a plan that will help you attain this goal.
- **Realistic-** A goal must be one that you are willing and able to work toward.
- **Timely-** Must have a time frame; otherwise it will never get done.

Example: On Monday and Wednesday, I will read for 30 minutes while my spouse takes his nap.

To request additional presentations for family caregivers and services providers








Please contact us at:

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www.caregivercenter.org

Have you done your GRAPES today?

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

-  **G**ratitude
-  **R**elaxation
-  **A**ccomplish-ment
-  **P**leasure
-  **E**xercise
-  **S**ocialization
- 



Southern Caregiver Resource Center

Caring for those who care for others

Fact Sheet: Home Safety Checklist

Floors:

- No frayed shag rugs
- Area rugs secured and taped down
- Scatter rugs have adhesive backing
- Floor is even from room to room

Pathways from Room to Room:

- Furniture is not in the way of walking
- Low furniture and small items on floor are out of the way
- Wire and cords are not laying across the path
- Thresholds are removed or planed down; marked clearly with contrasting tape

Stairways:

- Handrails are sturdy and on both sides of stairs
- Light switches are accessible at top and bottom of stairs
- Wooden stairs are not waxed or polished
- Nothing is stored on stairs

Walls:

- Walls are painted a light color
- Light switches have glow plates or reflective tape around them
- Wall decorations do not protrude into room

Lights, Sounds, Colors:

- Lighting throughout home is even
- Curtains/blinds are used to reduce glare
- Night lights are used in bathroom and hallways

Bathroom:

- Adhesive strips in bathtub
- Grab bars around tub and toilet
- Shower chair has rubber tips on legs and a sturdy back
- Hot/cold faucets are clearly marked
- Medicine and other cabinets are secured

Bedroom:

- Slippers have non-skid soles
- Floor next to bed free from clutter
- Nursery monitor system in place
- Blankets are non-electric
- Night clothes are not too long causing person to trip
- Telephone close to bed
- Lamp or light switch within reach of bed
- Turn off heating pad before falling asleep

Kitchen:

- Cleaning products are labeled
- Floor is not slippery or shiny
- Potholders/paper towels are away from stove
- Gas can be turned off
- Electric appliances and cords are secured when not in use
- Knives, scissors and other tools are locked away when not in use
- Child-proof latches installed on cabinets

Outside:

- Walkways are even and not slippery
- Rubber mats on porches and steps (if necessary)
- Outdoor lighting is adequate
- Bushes trimmed for clear visibility
- Pool area locked

Other Areas:

- Portable space heaters are not in pathways or left unattended
- Electric sockets have cover plates when not in use
- Hot water temperature not more than 120° F
- Chimney in good condition
- Sliding glass doors marked with stickers to prevent walking into them
- Smoke detectors in good condition
- Emergency numbers posted: fire, police, doctor, poison control
- Working flashlights in several locations
- Emergency exit plan in place (mobility difficulties are reviewed in exit plan)
- House numbers are clearly visible

Resources

Southern Caregiver Resource Center

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Southern Caregiver Resource Center offers free support services to caregivers of adults with chronic and disabling conditions in San Diego and Imperial counties. Services include: information and referral, needs assessments, care planning, family consultation, case management, individual counseling, legal and financial consultation, respite care, education and training, and support groups.