

Caregivers' Cove

Things and situations are always evolving around us. Planning ahead will help us manage a multitude of commitments.

All In A Day

Caregivers can be as busy as bee attending to the needs of their loved ones¹:

- Maintaining personal hygiene
- Seeing to meal times
- Giving medication and monitoring medical conditions
- Arranging for exercise
- Socializing for emotional support

Setting Up A Care Routine

A care routine can minimize conflicts, manage expectations and reduce the stress of decision making¹:

- Arrange some morning, afternoon and evening routines for loved ones.
 - Your loved one also has personal preferences, abilities and limitations. What does he/she need?
 - Can't do everything alone? Update your family if possible and discuss openly on who can help with what:
 - ✓ Financial planning
 - ✓ Transportation
 - ✓ Meal preparations
- ...the list goes on.



Extra Help

Sometimes we need another hand to get self care. You can check out [care services](#) for extra help you might need.

[Click here to share your experience!](#)

看护者港湾

我们身边的事情环境一直在变动。预先策划会帮助我们应付多样的责任。

忙碌的一天

看护者一天忙忙碌碌¹：

- 保持个人卫生
- 安排餐食
- 喂药和检查健康状况
- 安排运动
- 互动和提供精神支持

拟定看护计划

拟定看护计划可减少冲突，协调期望和减轻做决定的压力¹：

- 安排一些早、午和夜间的例行活动。
- 被看护的家人也有个人喜好，能力和限制。他/她需要什么呢？
- 您一个人做不完？可能的话通知家人，公开讨论谁能协助：
 - ✓ 财务策划
 - ✓ 交通接送
 - ✓ 准备餐食
 - 。。。等等。



额外援助

有时我们需要别人协助来自护。您也可查询有什么[看护服务](#)有帮助。

[请点击分享您的经验！](#)



Building Stronger Communities, Together