

notes

Take Charge as a Caregiver

As a caregiver, much of the responsibility to create the infrastructure upon which your parent's care will be built falls to you. The following five steps will help you along the way:

- Initiate **Conversations** with family members
- Determine your parent's specific physical, medical and emotional **Needs**
- Consult a **Geriatric Care Manager** and/or other experts
- Formulate a Caregiving **Plan**
- Take Care of Yourself**

Step 2: Determine your parent's needs

Begin to determine your parent's needs by assessing his/her ability to function in key life skills categories. Some important areas to include in the assessment, are:

- Personal care:** bathing, eating, dressing, toileting, grooming
- Household care:** cooking, cleaning, laundry, shopping, finances
- Health care:** medication management, physicians' appointments, physical therapy
- Emotional care:** companionship, meaningful activities, conversation
- Supervision:** oversight for safety at home and to prevent wandering