

Three Dimensions of Caregiving

The Physical Dimension

How do I . . .

- Give a bed bath?
- Transfer someone without wrecking my back?
- Dress someone who can't stand?

The Structural Dimension

How do I . . .

- Structure my home to make it safer and easier for me and my caree?
- Set up alarm and notification systems?
- Evaluate new treatments and new practitioners?

The Emotional Dimension

How do I . . .

- Manage the emotional turmoil of caregiving?
- Deal with friends, family, and others in the community?
- Care for myself?

Advice for the New Caregiver

Learn . . .

- How to give care. Watch care aides. Ask questions. Practice.
- About the disease. About the treatments. About what to expect.
- About services, support, and programs that are available.

Find support . . .

- From family and friends.
- From a support group.
- From a counselor.
- From a spiritual advisor.
- And identify an early warning sentinel.

Reach agreement . . .

“I will provide care, you will provide appreciation and thanks.”



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Care for yourself . . .

- Take time for the things you enjoy.
- Use day programs and respite care.
- Use home care and nursing agencies.

Seek help . . .

- Avoid the “I don’t need help” attitude.
- Professional help is not about you, it’s about your caree.