



CAREGIVER SUPPORT GUIDE

Practical Support for Family Caregivers

EldadCare Home Health Services Inc.

Family caregivers play an important role in supporting loved ones. Caregiving can be meaningful, but it can also be physically and emotionally demanding.

This guide provides practical suggestions to help caregivers create a safer, more organized, and sustainable caregiving routine.

What Does a Family Caregiver Do?

A family caregiver may help with:

- Daily routines
- Meals and hydration
- Medication reminders
- Transportation
- Appointments
- Personal care
- Communication with healthcare providers
- Household organization
- Emotional support

The exact responsibilities depend on the individual's condition and care needs.

Create a Daily Routine

A consistent routine can make caregiving easier for both the patient and caregiver.

A daily schedule may include:

Morning

- Wake-up and personal care
- Breakfast and hydration
- Medication reminders
- Light activity

Afternoon

- Lunch
- Rest
- Appointments or therapy
- Social interaction

Evening

- Dinner
- Personal care
- Medication reminders
- Prepare for bedtime

Keep the routine flexible based on the patient's needs.

Keep Important Information Organized

Create a caregiver folder containing:

- Emergency contacts
- Healthcare provider information
- Medication list
- Allergies
- Insurance information
- Appointment schedule
- Important medical instructions
- Care preferences

Keep the information updated.

Medication Safety

Caregivers should:

- Maintain an updated medication list
- Follow provider instructions

- Use medication reminders when appropriate
- Avoid changing medication doses without professional guidance
- Ask questions when instructions are unclear

Nutrition and Hydration

Encourage appropriate nutrition and hydration according to the individual's healthcare needs.

Helpful habits include:

- Planning meals in advance
- Offering appropriate fluids regularly
- Monitoring changes in appetite
- Following dietary instructions from healthcare professionals
- Reporting concerning changes to the healthcare team

Prevent Caregiver Burnout

Caregivers also need support.

Signs that you may need additional support include:

- Constant exhaustion
- Difficulty sleeping
- Feeling overwhelmed
- Irritability
- Loss of interest in normal activities
- Feeling unable to continue caregiving responsibilities

Ask family members, friends, healthcare professionals, or appropriate community resources for help.

Know When to Ask for Professional Help

Professional home care may be helpful when:

- Care needs are becoming more complex
- The caregiver needs respite
- Safety is becoming difficult to manage
- The patient requires skilled healthcare services
- Family members cannot provide all required support

Take Care of Yourself

Remember:

A caregiver cannot provide sustainable care while completely ignoring their own wellbeing.

Try to:

- Take regular breaks

- Maintain healthy sleep habits
- Eat regularly
- Stay connected with supportive people
- Accept help when offered
- Communicate concerns with healthcare professionals

EldaCare Is Here to Help

EldaCare Home Health Services Inc. is committed to supporting patients and families with compassionate home-based care.

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Disclaimer: This guide provides general educational information and does not replace professional medical advice.