



AS ROSALYN CARTER NOTED,

There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need a caregiver.

In-home hospice can be challenging, but you are not alone. This checklist will help you plan ahead so you can be prepared.



THE FIRST STEP IS TALKING WITH A HOSPICE PROVIDER TO LEARN ABOUT THEIR SERVICES. MAKE A LIST OF QUESTIONS AND DON'T BE AFRAID TO ASK.

Questions for the Hospice provider:

What services can we expect from nurses, aides, social workers, chaplains and volunteers?

How often will they visit?

Are staff available after hours, on weekends or during emergencies?

What is expected of family caregivers?

A plan for the family caregiver

too complex?

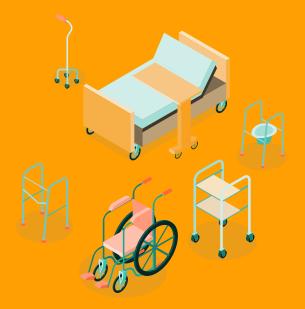
What if we need respite care or care becomes



Medicare covers the cost, delivery and set up of medical equipment such as:

✓	Hospital bed
✓	Walker
✓	Wheel chair
✓	Geriatraic chair
✓	Oxygen equipment
1	Shower chair

Bedside commode

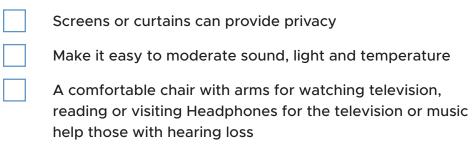


Other supplies to have on hand:

Two sets of twin sheets
Under-pads; disposable or made of cloth
Extra pillow for comfort and positioning
Baby or adult wipes
Adult briefs (diapers), ideally the tab type
Lotion and lip balm
Baby monitor or small bell for the hospice patient to alert others when they need help
Thermometer, ideally the temporal or forehead type so the patient is not disturbed
Bendable straws if they are allowed and patient does not have swallowing issues
Protein drinks or protein powder to add to fruit smoothies
Mild or bland food, including applesauce, oatmeal, cream of wheat, yogurt, pudding or bananas, ice chips
Distilled or bottled water for the oxygen concentrator humidifier bottle if oxygen is used
Night lights for the room and hallways
Small wastebasket with trash liners for the bedside
Handheld shower hose
Nightgown or night shirt, ideally loose, comfortable, made of cotton and without pant legs

The environment for a hospice patient is very important. Some things you can do to provide comfort:

Access to snacks and drinks







Safety for patients and caregivers

Being sick can make maneuvering around, even familiar spaces, more difficult. Here are some cost-effective and easy ways to make you and your loved one feel more confident and safe while in the home:

Remove rugs and tripping hazards from hallways and rooms.
Get nightlights to illuminate hallways and baths.
Install non-slip bath mats.
Consider adding grab bars or hand rails and ensure they meet safety codes.

Make room for medical equipment.

Responsibilities of the hospice caregiver

Cleanliness is key when your loved one is sick, it's important to guard them from unwelcome germs. When guests come into the home, have hand sanitizer by the door for them to use, and if necessary, rubber gloves and surgical masks. Keep surfaces wiped down and change your loved one's bedding and clothing often.

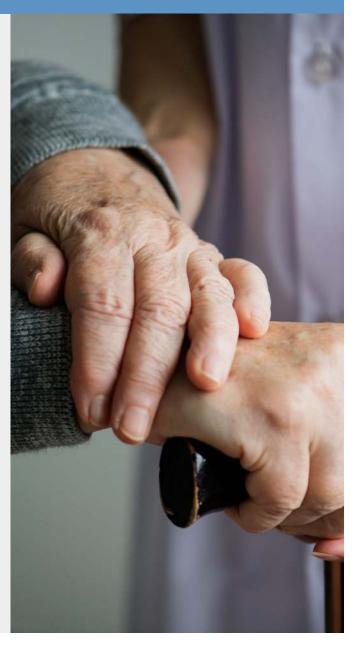
Help patients with the activities of daily living, including bathing, dressing, feeding and going to the bathroom. Be sure to have two people to use proper technique for turning.

Ensure your loved one has their prescriptions and that all medicines are given at the correct dose and time. Hospice nurses and aides can teach proper techniques.

Provide basic medical care, including changing dressing, taking temperatures and blood pressure readings.

Understand how to use medical equipment, which may include oxygen machines, wheelchairs, lifts and hospital beds.

Notify hospice personnel of changes in the patient's condition.



Additional Support

- Hospice providers can help you plan for short-term respite (relief) care for breaks or vacations.
- Ask for help from family, friends or your church or faith community for help
- Embrace your time together.

- Take advantage of community programs and organizations within the community to assist where needed. These resources include meal delivery, adult day care services, and many more.
- Know when to call for extra help with caregiving. San Luis Obispo Caregivers has compassionate, experienced hospice caregivers that can give you peace of mind.



Most important, take time to care for yourself!

It's been said that you can't take care of others if you don't take care of yourself. Whether it's something as small as a warm bath, going to see a movie or fitting in time for physical activity, it's important to spend a bit of time focusing on yourself.

Get your rest and eat right. What's good for the caregiver is good for those in their care.

Caregiving can be stressful for even the most experienced and prepared but utilizing these tips and others you find along the way can help ease some frustrations and difficulties you may encounter.

And remember, caring for a sick loved one is one of the most important jobs in the world. You are truly making a difference in someone's life.

Is your loved one safe at home?

We provide families with experienced and friendly caregivers that give you peace of mind knowing your loved one is safe.

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