



FREE
HOSPICE
CHECKLIST



San Luis Obispo
Caregivers
A Referral Agency



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?

What if we need respite care or care becomes too complex?



A plan for the family caregiver

- A plan for the family caregiver
- Keep a calendar to jot down appointments, doctor and nurse visits as well as important days you would like to celebrate with your loved one.
- Encourage visits from family and friends, if you and your loved one are up for it.
- Volunteers are available for companionship, running errands and more.
- Your hospice team can help you organize and manage medicines. Print off a medication log to ensure you don't miss a dose.
- Make a checklist with important daily or weekly tasks to keep you from forgetting things like laundry, taking the trash out to the curb and meal prep.
- It's not too late to complete an advance directive or living will.



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

- Hospital bed
- Walker
- Wheel chair
- Geriatric chair
- Oxygen equipment
- 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:



- Screens or curtains can provide privacy
- Make it easy to moderate sound, light and temperature
- A comfortable chair with arms for watching television, reading or visiting Headphones for the television or music help those with hearing loss
- 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.

805-748-2614

david@slocaregivers.com

www.slocaregivers.com

**San Luis Obispo Caregivers,
A Referral Agency**

PO Box 771
Templeton, CA 93465



San Luis Obispo
Caregivers
A Referral Agency