

Considerations for Caregivers



Tips and Techniques for Enhancing Mobility and Maximizing Endurance in the Community

- Park near the entrance of buildings or closest to the accessible entrances. (Utilize a handicap parking card if you qualify for one.)
- Utilize curb cuts whenever possible.
- Use ramps when available instead of stairs.
- Look for automatic doorways or ask for assistance when opening heavy doors.
- Walk or wheel on smooth surfaces. Be careful of thick carpets or uneven surfaces such as cobblestones, asphalt, or grass.
- Use a backpack instead of carrying a purse.
- Plan rest breaks periodically, even if you do not feel tired. Scout out benches, chairs, etc to sit on. If waiting in line, ask for a chair.
- Request to sit closer to the entrance or closer to a restroom, or in a quieter area depending upon your needs. Travel during off peak times, when stores and restaurants are not as busy.
- Have prescriptions called into pharmacies or mail order prescriptions to avoid having to wait to have a prescription filled.
- Try to schedule appointments, such as dental, medical, hairdressing, etc early in the morning or during off peak hours. Try calling prior to leaving for an appointment to determine if appointments are running on time.

Energy Conservation for caregivers

- Planning ahead is the key to conserving energy in the community.
- Plan ahead: get all necessary items out before getting started on a task
- Convenient storage: store items where they will be used.
- Adjust work height: Perform tasks in positions that do not cause bending over or reaching.

Considerations for Caregivers

- Delete jobs: avoid unnecessary tasks that can be done either before or after the major activity.
- Good working conditions: adequate lighting, good ventilation, comfortable clothing, comfortable shoes, and pleasant odors prevent increased strain on caregiver.
- Adjust pace: listen to your body and take breaks, when you are tired you are more prone to injury.

Ways to include your DOC family member in their own care

- Play them music you know they like.
- If they are able to answer yes/no questions, provide yes/no choices often.
- Provide them with a variety of leisure settings: Outside in their wheel chair, by a window in the sunlight, at the dining room table with family and friends, etc.
- Explain everything you are doing with them and why you are doing it.
- Talk to them about family events and what is going on in your life, for example: recent big life events, what is happening in your community or about your plans for the day?