

# Caregivers' Cove

You provide care and support for your loved ones while you are staying apart. Keep up the good work!<sup>1</sup>

## A stay-apart caregiver may help

- a senior to manage finances and pay bills
- arrange or coordinate required services for the senior
- keep an eye on the senior's medical and home conditions
- care for the senior and the main caregiver through visits

## Plan before your visits

- Talk to the main caregiver and/or senior to find out what is required or might help
- Cater activities to the senior's interests, preferences and routine schedules
- Support from your strengths and what you do best

## Warning signs to observe

- Hoarding behaviours
- Poor housekeeping or hygiene
- Dangerous environments, e.g. burning stove left unattended, fall injuries
- Confusion, unhealthy or unhappy appearances in the senior or the main caregiver



Photo credit: Unsplash

1. "Getting Started with Long-Distance Caregiving", <https://www.nia.nih.gov/health/getting-started-long-distance-caregiving#health>, 11 March 2022

# 看护者港湾

身为分开住的看护者，您为家人提供关怀和支持。好赞！<sup>1</sup>

## 分开住的看护者可能帮忙

- 维持经济开销、还账单
- 安排和/或协调所需的服务
- 留意长者的医药和家里的状况
- 通过探访关怀长者和主要看护人

## 造访前的计划

- 跟主要看护人或/和长者沟通，探听有什么需要或可能有帮助
- 安排配合长者兴趣、倾向和作息时间的活动
- 据您的强项和拿手的事来支援

## 需警惕的状况<sup>2</sup>

- 囤积东西的现象
- 凌乱或不卫生的情况
- 危险的环境，如：火炉没关、跌倒意外
- 长者或主要看护人呈现混乱、不开心或不健康的样子



图像源：Unsplash



Building Stronger Communities, Together

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