

# Caregivers' Cove

A senior's chronic illness or neurological disease may change over time. The relationship between a caregiver and his/her senior may also evolve.

## What Changes For The Senior?<sup>1</sup>

- Becoming weaker in strength;
- Declining memory or mental abilities;
- Interacting differently;
- Amount of time he/she needs you to be around.

## For Yourself<sup>2</sup>

- Sort out frustrating or conflicting feelings which may arise;
- Learn about what to expect about the senior's conditions;
- Make a point to practice self-care by spending time for yourself.
- Ask for support if you need it.

## With the Senior<sup>2</sup>

- Get yourself or someone who can relate well to lend him/her a listening ear;
- Develop familiar routines to accommodate the senior's conditions;
- Create shared moments and memories by trying new things.



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# 看护者港湾

长者的长期或神经系统疾病可随着时间改变。  
看护者和长者的关系难免有变化。

## 长者有什么 改变<sup>1</sup>?

- 比较无力气？
- 记性或脑力退化？
- 不同的沟通方式？
- 需要您在他/她身边多少时间？

## 替长者<sup>2</sup>

- 安排体贴的人听他/她倾诉；
- 安排配合长者能力和熟悉的日常活动；
- 共享时光和尝试创造新的回忆。

## 为您自己<sup>2</sup>

- 整理可能出现的烦躁或矛盾情绪；
- 了解长者接下来的状况；
- 定意做些爱护自己的事。
- 需要援助的话请提出。



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