## 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?

- 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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Building Stronger Communities, Together

- "Development and Initial Validation of an Inventory to Assess Grief in Caregivers of Persons With Alzheimer's Disease", https://academic.oup.com/gerontologist/article/42/6/751/671741, 3 Oct 2022
- 2. "Five Steps for Dealing with Anticipatory Grief", https://www.vnshealth.org/patient-family-support/health-library/5-steps-anticipatory-grief/, 8 Oct 2022

### 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1?

- 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2

- 安排体贴的人听他/她 倾述;
- 安排配合长者能力和熟悉的日常活动;
- 共<mark>享时光和尝试创</mark>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。



图像源: Unsplash



#### S Building Stronger Communities, *Together*

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