Caregivers' Cove

Caring as a family for a senior requires a healthy mix of bonding and structure[1].

Good bonding enables a family to...

- listen to each other.
- recognize you have shared interests.
- balance caregiving burdens.
- be more ready to handle changing care needs.

Clear caregiving structure helps a family to...

- get organized with who does what.
- play leading or supporting roles well.
- cooperate from a common understanding.

How does your family...

- chill and enjoy leisure together?
- check in or update each other?
- arrange who leads or support?
- deal with changes in caregiving needs?

Share with us your experience!

Image source: Unsplash

filos
Eldercare

Building Stronger Communities, *Together*

1. "The Olson Circumplex Model: A systemic approach to couple and family relationships", https://www.psychology.org.au/publications/inpsych/2011/february/sanders, 2 Apr 2021

看护者港湾

看护长者需平衡家庭凝聚力和看护格式[1]。

坚韧的凝聚力让家庭。。。

- 互相聆听。
- 发觉大家有共同的兴趣。
- 平衡看护的负担。
- 更能适应看护需要的变化。

清楚的看护格式帮助家庭。。。

- 有条理安排谁负责什么。
- 扮演好领导或辅助的看护角色。
- 有共识互相配合。

您的家庭如何。。。

- 一起轻松或休闲？
- 彼此关怀或联系？
- 安排谁领导或支持？
- 应付看护需要的变化？

请和我们分享
您的经验！

图像源：Unsplash

filos
Eldercare

Building Stronger Communities, *Together*

1. "The Olson Circumplex Model: A systemic approach to couple and family relationships",
https://www.psychology.org.au/publications/inpsych/2011/february/sanders, 2 Apr 2021