

Caregivers' Cove

Family bonding moments helps with self care when caregiving responsibilities are shared¹.

Are you a...

- primary caregiver living with your loved ones to provide for his/her daily needs?
- remote caregiver providing financial, care management or respite care?

Consider your limitations

You may have some constraints in terms of:

- Time to travel
- Finances to contribute
- Personal concerns or other commitments

Care from your strengths

Focus on what you are more ready to do. Is it:

- Tending to the senior?
 - Doing research on medical conditions or care services?
 - Speaking with medical staff on behalf of the family?
 - Keeping accounts, paying bills?
- ...or something else?

Sharing the care

Rally your team for support,
as caring together :

- Makes caregiving less taxing
- Meets the senior's needs
- Prepares the family for the future.



Image source: Unsplash

Share with us about your experience!

看护者港湾

家人团聚互相分担看护责任有助于自护¹。

您是。。。。

- 主要看护者与家人同住，照料起居饮食，或
- 远程看护者提供财务、护理计划或喘息护理？

考虑您的限制

您或许有以下的约束：

- 来回所需的时间，
- 经济能力，
- 个人考量或额外的责任。

运用您的强项看护

专注您擅长的，是：

- 照顾长者，
 - 搜索有关病况资料或看护服务，
 - 代表家人与医药人员协商，
 - 记账、还账单
- 。。。或其他项目。

分担看护责任

召集您的团队来支持，共同看护：

- 减轻看护负担。
- 满足长者的需求。
- 预备家人迎合未来的需要。

请和我们分享您的经验！



图像源：Unsplash