

Helpful Hints for the Elderly, Their Caregivers, and Family

For the Elderly:

1. Stay Hydrated - Aim for 6-8 cups of water daily.
2. Stay Active - Gentle exercises support mobility and circulation.
3. Take Medications on Time - Use a pill organizer or reminders.
4. Stay Connected - Regular calls reduce loneliness.
5. Use Assistive Devices - Canes, grab bars, or hearing aids help.
6. Practice Fall Safety - Remove rugs, add night lights.
7. Eat Balanced Meals - Include fruits, vegetables, lean proteins.
8. Keep Important Numbers Nearby - Post in large print.
9. Schedule Regular Checkups - Prioritize health appointments.
10. Keep the Mind Sharp - Do puzzles, read, or learn new things.

For Caregivers:

1. Take Breaks - Prevent burnout by asking for help.
2. Communicate Clearly - Use simple, calm language.
3. Create a Routine - Reduces confusion and anxiety.
4. Monitor for Changes - Watch for signs of illness.
5. Keep the Home Safe - Use grab bars, remove hazards.
6. Encourage Independence - Let them do what they can.
7. Document Important Info - Keep medical info handy.
8. Practice Infection Control - Wash hands and sanitize.
9. Stay Educated - Learn about elder care needs.
10. Join a Support Group - Share experiences and get support.

For Family Members:

1. Visit Often - Offers support and check-ins.
2. Listen & Validate - Respect their stories and choices.
3. Help Manage Finances - Assist with bills and scams.
4. Legal Affairs - Update wills and directives.
5. Celebrate Independence - Encourage hobbies and choices.

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6. Watch for Abuse - Report concerns immediately.
7. Offer Encouragement - Support their efforts.
8. Share the Load - Involve other family members.
9. Be Understanding - Respond compassionately to changes.
10. Appreciate Caregivers - Show gratitude and support.