Considerations for being an effective care partner/caregiver

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Caregiving Themes

- Caregiving is desirable and meaningful
- Manageable and Sustainable
- Caregiving as a shared activity
  - Care partners
Assisted self-care routine

Planning
- Create a weekly/daily schedule
- Plan around challenging activities
- Utilize your loved one’s strengths
- Track energy levels
- Make sure both parties are confident/prepared for process
- Have a back-up plan, when possible
Assisted self-care routine

- **Technique**
  - Position: Be mindful of set-up when completing tasks
  - Joint Protection: Consider how you are completing repetitive activities
  - Use equipment during lifting/repositioning as much as possible to prevent strain
Materials/Adaptive Equipment
Additional Considerations

- Utilize additional in-home services for respite
- Find a local caregiver/partner support group (TMA website)
- Encourage your loved one to maintain participation in community-based/leisure activities
- Open Communication