

6 Secrets to being a caregiver

1. Stop searching the internet, you may be wasting time and going down a deep hole of misleading information. You have a better chance of getting accurate information from their primary care and/or specialists. You can also check out <https://seniorproofinc.com/resources/> for free resources.

2. Get a Medical Power of Attorney, NOT to be confused with a Power of Attorney. As a caregiver it can be very frustrating dealing with your loved one, their primary, their insurance company, transportation services etc....

Once a Medical Power of Attorney is executed, scan a copy over to all applicable doctors, insurance companies and affiliated companies.

You will have full medical power of attorney and will not waste any unnecessary time on hold or waiting for your loved one to give authorization.

3. Most insurance companies, (with the approval from their primary) will cover some Home Health Agency hours during the week to assist.

Caregiver fatigue is a very real thing, it is important to have self-awareness of burnout. Hiring a home health agency, at least part-time, will help you and your loved one with a successful transition.



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4. Organizing medicines on a weekly basis is imperative to making sure your loved one is correctly taking their medication, especially after a doctor or ER Visit. Keeping track of any changes can help prevent readmission to the ER and prevent a possible fall.

5. If your loved one has memory care issues, we suggest using Ring Cameras and alerts for the home for possible wandering. Purchasing GPS tracking systems like watches or necklaces can also help prevent them from being lost.

6. Make sure their home, or the home they are currently residing in, is Senior Proofed. Making sure that there are safety measures in place to prevent a fall. Especially if your loved one has mobility issues. For a free safety evaluation click here <https://seniorproofinc.com/free-safety-evaluation/>

