



Teresa Hunter PT, DPT
Tallahassee Memorial Neuroscience Center

PRACTICAL TIPS FOR CAREGIVERS

General Tips

- Remember things take longer !
- Allow loved one to do as much as possible independently.
- Limit choices.
- Limit distractions.

Bathing

- Schedule at a “calm” time
- Prepare....
- Use tools to make things easier
- Don't leave loved one alone in bath
- Use sponge baths!

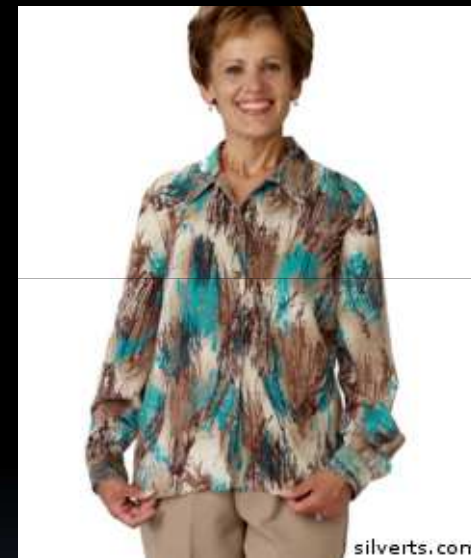
Bathing

- Hand held shower
- Non Skid bath mats
- Tub or shower bench
- Grab bars



Dressing

- Limit choices
- Move other clothes to another area
- Lay out clothes in order they are put on
- Hand one thing at a time



Clothing- Go the EASY Way

- Elastic waists
- Zipper s
- Velcro
- Elastic shoe laces or velcro



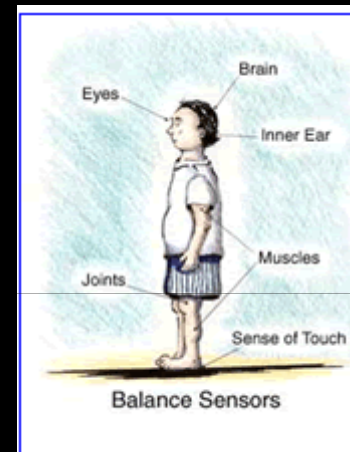
Mealtimes

- Use bowls if easier
- Large handled utensils
- Straws
- Cups with Lids



Fall Safety and Prevention

- Vision
- Sensation in feet
- Inner ear



Household Tips to Prevent Falls

- Avoid moving around in the dark
- Pick up obstacles (throw rugs, cords)
- Keep the floor clear
- Keep walkways wide



In the bedroom

- Use nightlights
- Have lamp close to bed
- Keep glasses close to bed
- Remove clutter
- Keep slippers close to bed
- Keep sheets off floor

In the bathroom

- Use grab bars
- Non-skid bath mat
- Elevated commode seat
- Bedside commode
- Shower chair
- Hand held shower

In the Kitchen

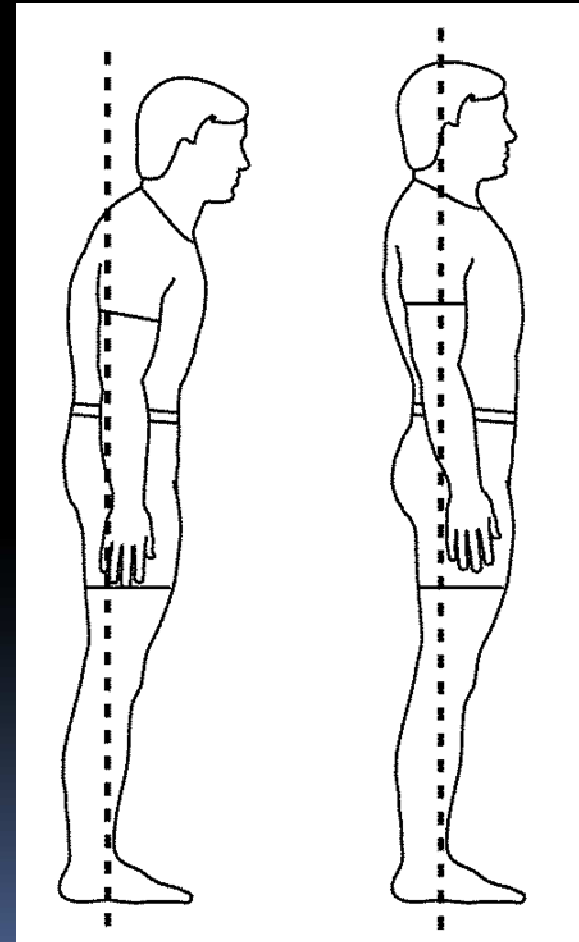
- Wipe up spills
- Store most often used items at waist level
- Use child locks as needed

In general

- Install rails on steps
- Ramps
- Remove throw rugs and area rugs
- Motion activated exterior lights
- Chimes on doors

Body Mechanics

- Think before you lift
- Have the tools and help you need
- Keep a wide base of support
- Lift with legs not back
- Keep objects close
- **GOOD POSTURE!**



Body Mechanics

- Do not twist-move feet
- Push instead of pull
- Try not to repeatedly lift



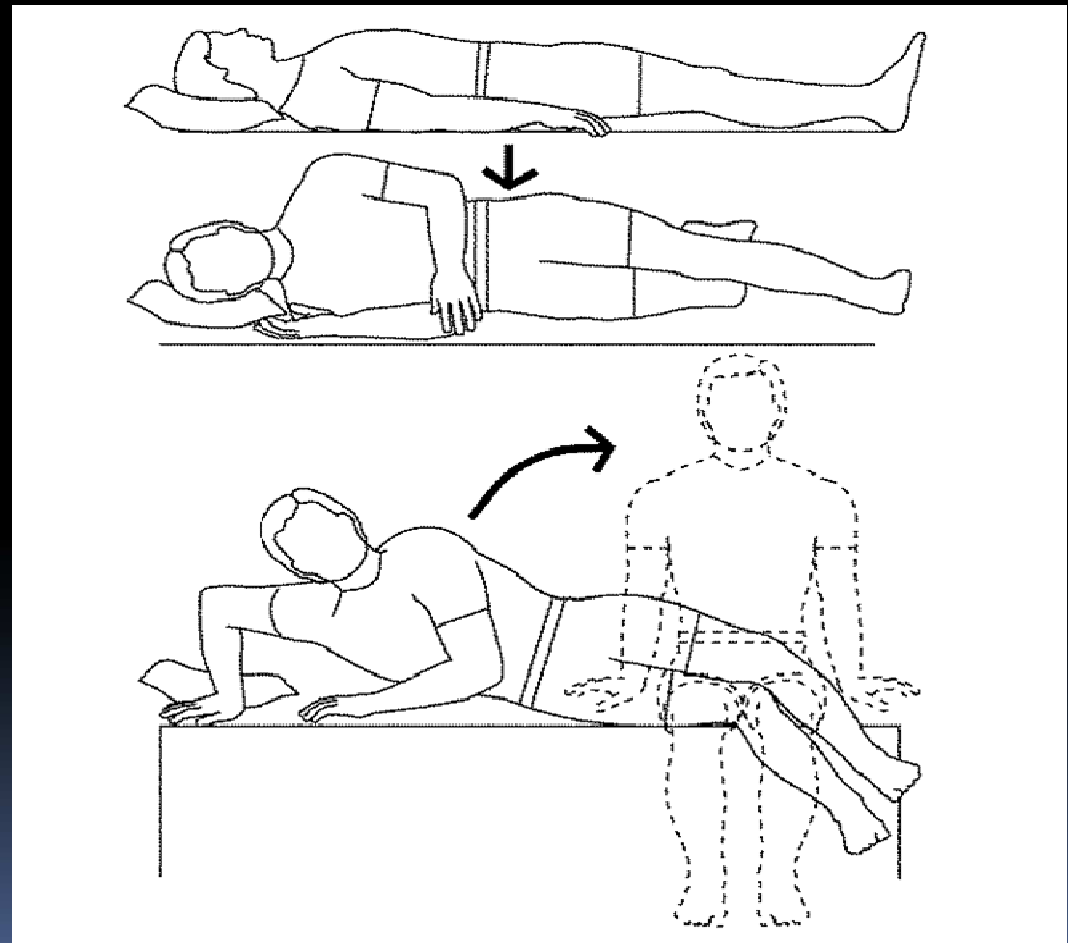
Transfers

- Stand pivot
- Sliding Transfer



In and out of bed

- Log Roll



Lifting

- Squat keeping back straight
- Pick up the object and hold close to body
- Tighten stomach muscles
- Stand up slowly and smoothly
- Let legs do the work



Other Equipment

- Transport wheelchair



Rollator and Walkers





Questions?