



# **For the Lifespan: The Caregiver Guide**

## **Module 1**

### **Providing Personal Care**

#### **Leader Guide**

# Module 1

## Providing Personal Care

### SLIDE 1

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**UCare**  
**For the Lifespan: The Caregiver Guide**  
**Module 1**  
**Providing Personal Care**

### INTRODUCE

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Introduce yourself, including your background and your experience with caregiving. Ask everyone present to introduce themselves and explain their caregiving role.

### NOTE

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This is an excellent time to set the tone of the training. Be friendly, relaxed, and focused. Remember names or use name tags.

### ASK

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What would you like to get out of the training today?

### NOTE

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Put responses on a white board or flip chart, and during the training, refer back to them. Put a check by specific topics discussed.

### EXPLAIN

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The handouts are yours to take home. There is room to write on the handouts during the training session.

Explain that in this workshop we will be giving examples of our experiences that may be difficult for some. Remember to respect the confidentiality of the group members. What is shared among the group does not leave the room.

## SLIDE 2

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### **Introduction**

- The importance of providing personal care cannot be overstated. Your caregiving affects the overall health, independence, and well-being of the person you care for. You provide peace of mind, comfort, and security.
- Caregiving often improves relationships, enhances an appreciation of life, brings out hidden strengths, and provides a sense of accomplishment.

## TELL

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The care you provide for your family members, friends, or care recipients is very important and critical to their well-being. Although it often is challenging, your caregiving makes a difference on the overall health, independence, and well-being of the person you care for. You provide peace of mind, comfort, and security.

Caregiving is also beneficial for you. It can improve relationships, enhance your appreciation of life, help you find hidden strengths, and provide a sense of accomplishment.

## ASK

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What are some other benefits of caregiving?

## TELL

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The overall goal of this and the other 12 UCare modules is to connect you with the information and resources that will make your job better, easier, and safer.

## SLIDE 3

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### **Objectives**

After completing this module, participants will be able to:

- Understand general guidelines of providing care.
- Understand how journaling may help.
- Learn tips to make bathing, dressing, and grooming easier.
- Recognize how to prevent pressure ulcers.
- Recognize the importance of exercise.
- Learn some body mechanics for the caregiver.

## TELL

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The purpose of this module is to provide you with more information and resources on personal care, including general principles of providing care, developing a care plan, assisting with hygiene, preventing pressure sores, exercising, and using good body mechanics.

## ASK

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What are some things you can do to take care of yourself while taking care of another person?

## SLIDE 4

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### **General Guidelines for Providing Care**

- **Take care of yourself** – You need to stay physically and emotionally strong.

- Get enough rest, eat healthy meals, exercise frequently, use good body mechanics, share your feelings, laugh, stay positive, and take the time to relax and do some things you enjoy.

## EXPLAIN/ASK

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We are going to go through some general guidelines for caregivers. The first, and one of the most important, is to take care of yourself. It's easy to neglect your own health when you are focused on the needs of someone else. Do all the things you can to stay healthy and strong, including eating nutritiously, getting the rest you need, exercising, sharing your feelings, keeping your sense of humor, thinking positive, and making a little time to do something you enjoy every day. You will be a better caregiver if you also focus on your own needs.

How else can you meet the needs of the person you care for?

## SLIDE 5

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### **Ask For and Accept Help**

- Don't try to do everything yourself or more than you are realistically able.
- Often one family member is the primary caregiver.
- Ask family members, neighbors, friends, church members, and other groups for help.
- Accept their offers of assistance.
- You can also consider hiring help.
- Develop contingency plans.

## TELL/ASK

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Even though it sometimes is hard to do, ask for help. It's good for other people to help you. It makes them feel positive about

themselves and it lightens your load. Most people are more than willing to help, but may not know specifically what to do. Can you think of people you know that may have offered or that you can ask for help? If not, is hiring help an option?

What are some ways to cope with stress?

## SLIDE 6

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### **Cope with Stress**

- Many tasks, limited time and resources.
- Look at the big picture. Will it matter in a year?
- Take one day or one hour at a time.
- Don't demand perfection - yourself or care recipient.
- Let go of any anger or resentment.
- Connect with others and share your feelings.
- Stay positive, what are you grateful for?
- Always believe in yourself.

[www.utahparentcenter.org/resources/caregivers](http://www.utahparentcenter.org/resources/caregivers)

[http://www.alz.org/national/documents/brochure\\_caregiverstress.pdf](http://www.alz.org/national/documents/brochure_caregiverstress.pdf)

[http://www.aarp.org/home-family/caregiving/?cmp=RDRCTCRGVGRECNT\\_JUN22\\_012](http://www.aarp.org/home-family/caregiving/?cmp=RDRCTCRGVGRECNT_JUN22_012)

<http://www.ndsu.edu/ndsu/aging/caregiver/resources/aging.html>

<http://www.webmd.com/balance/stress-management/caregiver-advice-cope>

[www.aging.slco.org/caregiverSupport/top10concerns.html#9](http://www.aging.slco.org/caregiverSupport/top10concerns.html#9)

[www.caregiving.org](http://www.caregiving.org)

## TELL/ASK

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There is no question that caregiving is often stressful. There are many tasks to perform, often with limited time and resources. If you start to feel overwhelmed, look at the big picture and consider whether the issue will matter in a year. Take one day at a time, or even one hour at a time. Don't demand perfection from yourself or the person you care for. No one is perfect and ever will be. That's part of being human. Let go of any anger or resentment you might feel. Find at least one person to share your feelings with. Try to stay positive and think about the things that you are grateful for and appreciate in your life every day. Always believe in yourself. There are many websites with good information about coping strategies, including the Utah Parent Center, Alzheimer's Association, Web MD, North Dakota University, AARP, Caregiving.org, and more.

Are there other websites that you have found helpful?

Another helpful area to think about is time management.

## SLIDE 7

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### **Time Management**

- Schedule, organize, and bundle tasks.
- Drop tasks that aren't necessary.
- Learn to say "no".
- Ask other people to help you.
- Recruit volunteers.
- Hire someone privately.
- Exchange services for room and board.

## TELL

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Thinking about how to best schedule your limited time, organize and bundle tasks, or the optimum period to perform certain tasks will help you. Drop tasks that aren't necessary. Learn to say "no" when asked to complete additional assignments. Ask other people to help you with some of your tasks or to run errands for you. Besides volunteers, you can also hire people or exchange services for room and board.

## ASK

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Do you have any time management examples or tips?

## SLIDE 8

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### **Maintain Dignity**

- Showing respect to the person you care for will help them maintain their dignity.
- Remember to frequently point out their strengths and positive attributes to help them feel appreciated and maintain their self-esteem.

## DISCUSS

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For many people, it is more difficult to receive care than to give care. It is often humbling to depend on other people for help with basic tasks. Remaining positive, showing respect, and pointing out strengths and positive qualities may help your care recipient feel appreciated and maintain their self-esteem.

## ASK

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What are some ways to communicate respect? Should you explain to the person that you are helping, what you are doing?



## SLIDE 9

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### **Communicate Effectively**

- It may be challenging to communicate if they are hard of hearing, unable to speak, or have cognitive disabilities.
- It is important to communicate what you are doing to help your care recipient understand and be more involved.
- Listening to concerns and feelings will help them feel appreciated and valued.

## TELL

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Effective communication can make things go a little more smoothly. Telling the person what you are doing, and listening/responding to their concerns may help them feel more appreciated and valued.

## SLIDE 10

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### **Honor Preferences**

- Provide choices for daily activities when possible and follow your care recipient's preferences as much as you realistically can.
- Encourage the person you care for to perform the tasks they can to enhance their independence.

## TELL

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Providing choices for daily activities will also help the person you care for feel valued. Try to encourage independence. Your care recipient should perform the tasks they still can.

## SLIDE 11

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### **Keep the Environment Safe**

- Assess the home of your care recipient for safety hazards.
- Address any potential problems to minimize or eliminate potential accidents.
- Assessment should include entrances, plumbing, electrical system, kitchen, bedrooms, bathrooms, flooring, garage/driveway, structural integrity, animal care and control, pests, sanitation level, accessibility, and excessive clutter/hoarding.
- See UCare Module 9, Keeping Your Home and the Person You Care for Safe, for more information.

## TELL

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Your job will be easier if there are not safety hazards and you don't have to worry about tripping on cords, rugs, etc. A comprehensive home and yard assessment can identify potential problems that should be fixed or changed. Assess all areas of your home, garage, and yard. There is more information on this topic in UCare Module 9, Keeping your Home and the Person You Care for Safe. Besides assessing your home, it will be helpful to assess the abilities or needs of the person you provide care for.

## SLIDE 12

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### **Assess Abilities and Needs**

- Evaluate your care recipient's abilities to determine what their needs are, and estimate how much time, money, and resources it will take to fulfill those needs.

- Assess all daily functions, including bathing, dressing, exercising, hygiene, eating, walking, toileting, mobility, transferring, housework, meal prep, medication, laundry, transportation, shopping, handling the mail, and yard care.
- There are checklists for assessing needs on the Utah Coalition for Caregiver Support website:  
[www.caregivers.utah.gov/assess\\_needs.htm](http://www.caregivers.utah.gov/assess_needs.htm)

## TELL/ASK

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An assessment or evaluation of your care recipient's abilities will help you determine what their needs are, and estimate how much time, money, and resources it will take to fulfill those needs. Assessing all daily/weekly/monthly functions will be best. A checklist can be found on the Utah Coalition for Caregiver Support website. This checklist can be filled out online and then printed out.

## ASK

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Have any of you done an assessment yet? Have you heard of or developed a care plan?

## SLIDE 13

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### **Develop a Care Plan**

- Determine the best ways to complete tasks and how much time/resources you'll need.
- Determine if more support is needed.
- Journal the day's events and tasks, when each occurs, and how much time it takes.
- Journal aging and abnormal behaviors to assess condition and any changes that occur.

- Journal tasks that make you feel stressed, and how you coped to decide if someone else should take over those tasks, or things to change.
- Journaling can be used to develop a care chart.

## TELL

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Being organized and approaching caregiving in a systemic way will make your job easier and help you determine if more, and how much more, support is needed. Begin by journaling the day's events and tasks, when each occurs, and how much time each task takes. Also journal aging and unusual behaviors to assess the condition of the person you care for and any changes. If you are feeling stressed, also journal the tasks that make you feel stressed, how you felt, and how you coped to help decide if someone else should take over those tasks or if there is anything else you can do. There are several different ways to develop a chart of needed activities.

## SLIDE 14

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### **Care Charts**

- There are several different ways to chart tasks.
- One is by care need, whether help is needed, how often, current help, and who else can help.
- A different way lists task, level of care, frequency, and whether your care recipient performs the task, you perform the task, family or friends can perform the task, or if paid help is needed for the task.
- Another way is to list the tasks in one column and the level of help needed in the next column, from none, to some, to a lot.

## TELL/ASK

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There is an example chart you can use to assess needs, whether help is needed, how frequent, if anyone helps you now, and who else can help you on page 7 of your Participant Guide. (This chart is at the end of this Leader Guide). Have any of you developed a chart of tasks or activities? If so, was yours similar? Has it been helpful?

## SLIDE 15

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### **A little humor...**

- Speaking of age...

A 104 year old woman was asked by reporters, “What is the best thing about reaching 104 years of age?” She simply replied, “No peer pressure.”

## TELL/ASK

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Next we will discuss some daily activities, specifically hygiene. Hygiene tasks are important, but may become more difficult for your care recipient to complete because of forgetfulness, lack of physical strength, or other reasons. We’ll start by discussing dressing. What types of clothing are easier to use?

## SLIDE 16

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### **Dressing/Organizing Clothing**

- Allow to dress themselves if possible.
- Use Velcro instead of buttons or ties.
- Pants with elastic waists are easier.
- Buy duplicate clothing if needed.
- Dress in layers.
- Hang whole outfits together.

- Label clothing for easier identification.
- Use plastic clips or “sock locks” for socks.

## TELL/ASK

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There are several styles of clothing that are easier to use, including Velcro and elastic waistbands. Dress in layers to help avoid your care recipient being too hot or too cold. If the person you care for likes to wear that same outfit everyday, buy duplicates. It will help to organize the closet into whole outfits with labels. Has anyone lost socks in the wash? Try plastic clips. Does anyone else have any other ideas on making dressing easier? Our next topic is bathing.

## SLIDE 17

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### **Bathing**

- Try to stay relaxed, pleasant, and low-key.
- For safety reasons, recommend showers or a portable bath.
- Use a hand-held nozzle, shower bench, and install grab bars.
- Wash gently and pat dry. Don't scrub or rub fragile skin.
- Start with the face, then torso and arms, then legs and feet, and the private parts LAST. Try to at least wash the private parts.
- It may help to outline the tub, shower lip, and toilet with dark tape on the edges, or to install a bright toilet seat that contrasts with the floor and walls.
- Use other terms if the word bath is upsetting.
- Drape a towel over them if they value privacy.

It's important to consider safety in the bathroom. This includes installing grab bars, using a hand-held nozzle, and a shower bench. Try to make bathing as pleasant and relaxing as possible. Does anyone have any other tips on things you've tried?

Since skin is fragile, pat it gently and don't rub. Start washing with the face, then the torso, arms, legs, feet, and the private parts last. If the person is resistant, try to at least wash the private parts. It may help to outline the tub, shower lip, and toilet with dark tape if the person has trouble with vision or depth perception. Use a towel for draping if the person values their privacy. Use other terms if the words, "bathing" or "bath" are upsetting. Does anyone here use different terms?

The next area we will discuss is mouth care.

SLIDE 18

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**Mouth Care**

- Good regular oral care can prevent disease. Dental disease can lead to other serious health concerns. Bacteria from the mouth can travel to other parts of the body.
- Have dental checkups every 6–12 months.
- Monitor for chipped teeth, gum bleeding, red or swollen gums, loss of taste, or bad breath.
- Teeth should be brushed twice, especially before bed.
- Floss once a day.
- Clean dentures once a day.
- Check out adaptive toothbrush handles at [www.abledata.com](http://www.abledata.com).

## TELL

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Mouth care is important to prevent disease and stop bacteria from causing damage to other parts of the body. Prevention is always the best way to go with regular check-ups, monitoring daily, brushing teeth twice daily, and flossing once a day. There are many adaptive toothbrush handles that the person you care for can try. The website [www.abledata.com](http://www.abledata.com) may be a good place to start.

## SLIDE 19

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### **Nails**

- Inspect the nails regularly.
- Assemble any supplies needed.
- Wash your hands and their hands.
- File/clip fingernails only after bathing/soaking.
- Massage hands and feet with lotion. Rub into the fingernails and cuticles.
- Toenails should only be clipped by a podiatrist. Some make house calls.

## TELL

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It's easier to trim, file, or clip fingernails if they are soft after bathing or soaking in warm water. Massage hands and feet with lotion and rub it into the cuticles. Toenails should be taken care of by a podiatrist.

## SLIDE 20

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### **Hair**

- Encourage an easy to maintain hairstyle.
- Trim regularly to take care of split-ends.



- Assemble supplies before you begin.
- Use gentle baby shampoo and conditioner.
- Some hairdressers will make house calls or reduce rates for elderly people.
- An in-home caregiver may also be asked to take care of hair.

## DISCUSS

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A simple short hairstyle will be easier to care for, but find out which style the person you care for prefers. Regular trimming helps as mature hair splits more easily. Dry shampoo that can be sprayed or sprinkled and brushed on hair is also an occasional option. Make sure the water and room temperature are comfortable as many older people are more sensitive to hot and cold. It may be well worth the money for the person you care for to visit a salon weekly or monthly if they enjoy it.

Our next topic can be a difficult and emotional issue for both you and the person you care for.

## SLIDE 21

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### **Incontinence**

- Visit a doctor for evaluation and to determine if there is an underlying cause to address/treat.
- There are several reasons for incontinence with different treatment options. Find out all you can about the cause and treatments.
- Make sure the path to the bathroom is clear, the toilet is easy to use, and clothes are simple to remove. You can kindly remind or take them.

- If treatment options, behavioral changes, or medication hasn't helped, you may need to convince your care recipient to wear adult briefs.

## TELL/ASK

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Take the person you care for to a doctor to determine the underlying cause of urinary or bowel incontinence. Find out all that you can about the treatment options. If the person has dementia, remind them to go to the bathroom or gently take them there. If nothing else works, you may need to have them wear adult briefs. Don't use the word diapers, which is associated with babies. Disposable underwear, briefs, or even traveling underwear is preferable. Are there any questions or comments?

Next we will discuss exercise. What are the benefits?

## SLIDE 22

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### **Physical Activity and Exercise**

- Prevents or delays many diseases.
- Maintains strength, flexibility, endurance, balance, range of motion, and independence.
- Improves circulation, decreases blood pressure and cholesterol levels, improves the body's ability to use insulin, and decreases muscle and bone density loss.
- Helps to prevent falls, improve sleep and mood, improve or maintain cognitive function.

## TELL/ASK

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Exercise is the best prescription for healthy aging. There are many health benefits to regular physical activity, including preventing or delaying many diseases. Inactive people are about

twice as likely to develop heart disease, according to the U.S. Surgeon General, with more medication and visits to the doctor and hospital. Research has shown frequent exercise helps to prevent falls, and improves circulation and the body's ability to use insulin. Exercise may also improve sleep and mood. Exercise has also been shown to improve or maintain cognitive function. What are some fun ways the person you care for might like to exercise?

## SLIDE 23

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### **Physical Activity and Exercise (cont.)**

- Encourage as much movement and activity as possible, but discuss with a doctor first.
- Encourage frequent participation in fun activities.
- Check with gyms for senior discounts.
- Check to see if their Medicare plan offers Silver Sneakers with very low cost gym visits.
- Many senior centers offer exercise classes.
- Encourage stretching, strengthening, balancing, and aerobic exercises.
- Discuss with a PT if needed.

## TELL

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Even though all older adults should try to be as active as possible, it's a good idea to discuss exercise options with a doctor. Encourage the person you care for to frequently participate in activities that are enjoyable, such as walking, gardening, swimming, or yoga.

Often gyms offer senior discounts. Check to see if their Medicare plan has the Silver Sneakers fitness program with very low cost gym visits.

Many senior centers offer exercise classes. There are also a wide variety of DVDs and television programs. If possible, try to encourage your care recipient to engage in a complete routine that includes stretching, strengthening, balancing, and aerobic exercises. Stretching allows for more range of motion, strengthening will build muscles and increase metabolism, balancing will build leg muscles and help prevent falls, and aerobic exercise builds endurance and improves cardiovascular and circulatory systems.

If the person you care for has limited mobility, discuss different exercise options with a physical therapist that can help improve muscle tone, circulation, flexibility, and strength.

ASK

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What are some ways you can prevent pressure sores?

SLIDE 24

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### **Preventing Pressure Sores**

- Try everything possible to prevent them.
- Frequent changes in position are the key.
- Change hourly - wheelchair and two hours - bed.
- Use good appropriate wheelchair cushions.
- Consult with a PT on proper positioning.
- Nutritious diets with fluids improve skin.
- Check skin daily for ulcers or irritation.
- Relieve pressure from the area and consult a physician as soon as possible.

## DISCUSS

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If the person you care for uses a wheelchair or spends most of the time in bed, pressure ulcers or sores may develop, even when careful procedures are followed. As pressure sores can be very difficult and expensive to treat, it's important to try everything possible to prevent them.

Position changes should occur regularly and avoid pressure on the skin. Change positions at least hourly in a wheelchair and every two hours in a bed.

Good wheelchair cushions that are foam, gel, water, or air can make a difference. It is best to consult with a physical therapist to ensure proper positioning. A doctor may recommend the best type of mattress or foam pad that can help relieve pressure.

A nutritious diet with plenty of fluids during the day can improve the condition of your care recipient's skin.

Skin should be checked daily for pressure ulcers or skin irritation. The first step is to relieve pressure from the area. If a sore develops, a physician should be consulted as soon as possible. Sores may take weeks to months to heal.

## ASK

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Are there any questions or comments? The last area is caregiver body mechanics. Why start or continue an exercise program?

## SLIDE 25

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### **Caregiver Body Mechanics**

- Start or maintain a regular exercise program.

- Try to use correct posture, alignment, and body mechanics at all times to avoid injury.
- Keep your back straight with the normal curve. Never bend your back or twist to pick something up.
- When lifting, keep your legs shoulder width apart. Lift with your legs, not your back.
- Keep the person or whatever you are lifting or carrying close to your body.
- Evaluate your abilities and limits on a regular basis.

## DISCUSS

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Who exercises on a regular basis? Who thinks about exercising on a regular basis? Think about exercising together with the person you care for, if possible. Start or continue walking or engage in a different active enjoyable activity. There may be a good program on TV, Netflix, or DVD. Check into classes.

Being a caregiver may place stress on your back, so always try to use correct posture, alignment, and body mechanics to avoid injury. Try to keep your back straight and maintain the normal curve of your spine. What is the correct way to lift?

When lifting, make sure you have a broad stable base of support with your legs shoulder width apart. Lift with your legs, not your back. Lower to the ground by bending your knees. Never bend your back or twist to pick something up. Tighten your stomach muscles to keep your back in a good position. Keep the person or whatever you lift or carry close to your body. When possible, gently push instead of pull objects. Never lift more than you can comfortably manage. Ask a neighbor, friend, or family member for help if you're straining.

Transferring can cause injuries by twisting and bending. Try to keep the wheelchair or whatever you are transferring to close to the bed. Ask a physical therapist for training. Allow the person to assist as much as they are able. Transfer the person starting with the feet, then the trunk, and head. Ask the person to hold on to the wheelchair or commode rails, if possible. Keep your back straight and bend your knees with your feet apart. Let your care recipient know what you are doing. Count out loud to three and then lift so they have a verbal cue.

Evaluate your abilities and limits on a regular basis. If you are ill, or are having trouble with transferring or other tasks, always ask for help and/or consider hiring someone before you become injured.

## ASK

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We are almost finished with this module. Let's review some of the general principles.

## SLIDE 26

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### **Review**

- Always remember to take care of yourself.
- Ask for and let other people help you.
- Learn and practice ways to cope with stress.
- Organize your time and use planning tools.
- Respect and communicate with your care recipient.
- Tell them what you are doing. Listen to their concerns and feelings. Point out their strengths often.
- Provide choices and follow their preferences.
- Assess your home for hazards.

## TELL

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Ask for and let other people help you. Learn and practice ways to cope with stress. Organize your time and use planning tools. Respect and communicate with your care recipient. Tell them what you are doing. Listen to their concerns and feelings. Point out their strengths often. Provide choices and follow their preferences. Assess your home for hazards.

## NOTE

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Review the objectives. Ensure that all were covered.

## SLIDE 27

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### **Take a Break**

## SLIDE 28

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### **Take a Break (cont.)**

- Take care of yourself every day.
- Give yourself a hug or pat on the arm.
- Think positive and be grateful.
- Think about the good things that happened or what you are grateful for every day.
  - I survived the day and didn't have to call 911.
  - I heard or saw something funny.
  - I called someone for help and they came.
  - I had a nice lunch or someone else cooked a meal.
  - Someone called to check on me.

## TELL

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As we have discussed, an important part of caregiving that is often forgotten is YOU, the caregiver. You need to take care of yourself and tell yourself that you are doing a good job every



day! It's okay to give yourself a hug or pat yourself on the arm or back. Thinking positive and being grateful can help you feel happier and more fulfilled, and cope better with difficulties. Try to think about the good things that happened or what you are grateful for every day. List or think about three to five good things that happened today or that you are grateful for. For example:

- I survived the day and didn't have to call 911.
- I heard or saw something funny.
- I called someone for help and they came.
- I had a nice lunch or someone else cooked a meal.
- Someone called to check on me.

#### ASK

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- What do you do or will you do just for yourself?
- Discuss briefly and make suggestions if needed.

#### NOTE

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Impress on the participants that it is important for them to do something for themselves each day.

#### ASK

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What is one thing that you have learned or will take home from today?

#### SLIDE 29

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##### **You Are a Champion**

- “You have the colors of a true champion, a hero. Were you born with these colors? No, I think you earned them. Whatever else happens as your life unfurls, you will have the strength and courage you need. Choose your own

path. Believe in yourself. You have the power, insight, and wisdom to succeed. For yours are the colors of a hero, a true champion, a caregiver.”

Judith Rappaport-Musson, *Eldercare* 911, pages 259-260.

## TELL

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As a caregiver you have earned the colors of a champion. Whatever else happens in your life, you will have the strength and courage that you need. Choose your own path. Believe in yourself. Caregiving is difficult but you have the power, insight, and wisdom to succeed.

## SLIDE 30

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### **Things to Remember**

- Remember to take good care of yourself by staying positive, exercising regularly, getting enough rest, eating nutritiously, using good body mechanics, keeping a sense of humor, relaxing, and doing something enjoyable when you can.
- Always believe in yourself and your abilities.
- Remember that you have the strength, courage, compassion, and wisdom to succeed.
- Thanks for your participation.

## TELL

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Remember to take good care of yourself by staying positive, sleeping enough, exercising regularly, using good body mechanics, laughing, relaxing, and doing something enjoyable when you can. Always believe in yourself and your abilities. Again, never forget that you have the strength, courage, compassion, and wisdom to succeed.

I hope this has been helpful information for you. Thanks so much for being such a great audience!

**Create a list** of caregiving tasks you need help with, are willing to allow others to do while you take time for yourself.

**Ask for help** from family, friends, and neighbors. Access community resources that may be available to help you.

**Share your list** so they will know what type of help you need and can choose which task they feel comfortable doing.

Care Need	Is Help Needed?	Frequency	Current Helper	Who Else Can Assist or Complete this Task
<b>Respite Care for Caregiver</b>	__yes__no			
<b>Bathing</b> Assistive devices needed	__yes__no __yes__no			
<b>Dressing/ Grooming</b>	__yes__no			
<b>Eating/Feeding</b> Assistive devices needed	__yes__no __yes__no			
<b>Toileting</b> Assistive devices needed	__yes__no __yes__no			
<b>Continence</b> Need incontinence supplies	__yes__no __yes__no			
<b>Walking/ Transferring</b> Assistive devices needed	__yes__no __yes__no			
<b>Meal Preparation</b> Meals on Wheels Congregate Meals Ensure, Boost, etc.	__yes__no __yes__no __yes__no __yes__no			
<b>Housework/ Laundry</b>	__yes__no			
<b>Medication Management</b> Assistive devices needed	__yes__no __yes__no			
<b>Transportation</b>	__yes__no			
<b>Shopping</b>	__yes__no			
<b>Telephone</b> Assistive devices needed	__yes__no __yes__no			
<b>Vision</b> Assistive devices needed	__yes__no __yes__no			

<b>Safety Devices /Equipment</b>				
ERS System	__yes__no			
Safe Return	__yes__no			
Med Alert Bracelet	__yes__no			
Door/window alarms	__yes__no			
Other equipment				
<b>Home Modification/ Repairs/Yard Care</b>	__yes__no __yes__no			
<b>Money Management</b>	__yes__no			

## UCARE MODULE TOPICS

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1. Providing Personal Care
2. Dementia and Memory Loss
3. A) Caring for Older Adults with Chronic Health Issues
3. B) Caring for Children with Special Health Care Needs
4. The Accessible Home
5. Taking Care of the Caregiver
6. Caring for those with Depression, Anxiety, Stress, or Mental Health Issues
7. Community Supports for Remaining at Home
8. Working Effectively with In-Home Service Providers
9. Keeping Your Home and the Person You Care for Safe
10. Eating Healthy for Life
11. Assistive Devices: Tools to Help You
12. Legal and Financial Matters: What You Need to Know

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