



Caregiver Confidence

A guide to caregiving at home

Tips for caregiver tasks, including:

- Home Safety
- Daily Activities
- Quality of Life
- Caring for Yourself
- Infections
- Bedsores
- Falls
- Medications
- Liquids & Eating
- Mouth Care
- Bathroom Activities
- Incontinence Care
- Personal Care
- Medications
- Movements & Transfers

...from Sage Products

This guide is not intended to provide medical advice, professional diagnosis, opinion, treatment or services to you or to any other individual. Through this guide, Sage Products provides general information for educational purposes only.

The information provided in this guide is not a substitute for medical or professional care, and you should not use the information in place of a visit, call consultation or the advice of your physician or other healthcare provider.

Sage Products is not liable or responsible for any advice, course of treatment, diagnosis or any other information, services or product you obtain through this guide.

Introduction

It takes courage to be a caregiver. Providing care for someone can be emotionally and physically draining. You may feel stressed or alone. You may not know what to expect. It is important for you to know that there is a great deal of support for you and your loved one.

This booklet offers tips for some common caregiving tasks. It may seem like a lot of information at once—try not to be overwhelmed. You may work closely with a home care aide or companion. Reach out if you have questions.

The care needed will be different for everyone. Your healthcare provider will help you figure out what your loved one needs and may give you tips that are not listed. Use the blank spaces and margins in this booklet to write special notes your healthcare provider gives you.

We hope this booklet will help you build confidence as a caregiver. Use it as a tool. Fold page corners or use colored markers to highlight important information. Keep the booklet with you until you feel comfortable. When you feel confident, you can give better care.

Important Information

Important Information For: _____

Nickname: _____

Address: _____

Phone: _____

Date of Birth: _____

Important Contact Information

Category	Name/Business	Phone Number(s)	Address	Fax Number	Account/ Policy Number	Other Important Information
Emergency						
General Practice						
Optometrist						
Ophthalmologist						
Dentist						
Lawyer						
Accountant						
Veteran's Group						
Safe Deposit Box						

Table of Contents

Dignity	7
Home Safety	8
Infection	8
Bedsores	8
Falls	10
Medications	11
Liquids	12
Daily Activities	13
Eating	14
Mouth Care	15
Bathroom Activities	17
Incontinence Care	20
Bathing and Personal Care	21
Getting Dressed	26
Movements and Transfers	27
Improving Quality of Life	30
Changes in Behavior	31
Caring for Yourself	31

Dignity

If your loved one can no longer do the tasks they once could, it's likely they may depend on you a lot more these days. You might feel like it's easier to just take charge and make decisions. But it's important to always treat your loved one with respect.

When caring for your loved one, you want to protect their dignity (or sense of self worth). Imagine if your independence was taken away. You would no longer be able to drive, walk, or get out of bed. You would have to rely on someone for tasks that used to be easy. How would you feel?

You would probably be frustrated. You might feel depressed over the loss of freedom. You'd most likely want to keep control over as much as you could.

Preserving Dignity—What you can do for loved ones:

- Learn about their condition. Contact the doctor for information. This can prepare you for what's ahead.
- Contact your healthcare provider if your loved one has dementia. Dementia is a disease that causes serious loss of memory, attention, speech, and other functions. Special care may be needed.
- Put yourself in their place. Think about how you would want to be treated if you were the one receiving care.
- Think of yourself as a "helper" instead of a "doer." Help them by encouraging some independence and self-sufficiency. Remember that they are not an infant.
- Give positive feedback when they complete tasks independently.
- Talk openly and honestly. Be a good listener.
- Be flexible. When possible, make changes that allow for reasonable requests. Involve them in decisions.



Notes:

Home Safety

This section lists common safety risks for your loved one. **SAFETY NOTES** are marked with an **!** throughout this booklet. These are important, so pay careful attention when you see them. You can also find a printable Home Safety Checklist at ShopSageProducts.com under Caregiver Stories, Tips and Articles.

Infection

Always keep their rooms, your loved one and yourself clean. Germs can spread easily during caregiving tasks. Your loved one may be at risk of getting really sick if their immune system is weak.

Sanitary Measures—What you can do for loved ones:

- Use disposable gloves and wash hands often with warm soapy water.
- Scrub dirty items and surfaces with soap using bleach water (one teaspoon of bleach per gallon of water).



Notes:

Bedsores

Bedsore, also called pressure ulcer, are a common occurrence for people who are confined to the bed. Skin weakens with age and some medical conditions. A person with weak skin who sits or lays in the same place for a long time may get bedsore. Bedsore can be painful and can cause infection.¹⁻³

Since caregivers provide the bulk of care to family members, chances are that you already balance many responsibilities. We know there's a lot to remember when caring for someone you love. So it's important to prioritize. Learn how to prevent bedsore, even the ones located on the heel, buttocks or sacrum. Keep a watchful eye on any unusual changes to the skin to help detect a bedsore that may be forming or other skin related issues.

Bedsores—What you can do for loved ones:

- If you notice a new bedsore, always report it to your healthcare provider—for their safety and your peace of mind.
- Always follow your healthcare provider’s instructions when monitoring or treating bedsore.

Bedbound—What you can do for loved ones:

- Look for broken skin, red/dark marks or scabs. Tell your healthcare provider if these marks do not fade even with position changes.
- Check to see if they have lost bladder or bowel control. Always keep them clean and dry.
- When confined to a bed for long periods, frequently reposition the person. If they’re immobilized or can’t move, use pillows to pad knees, elbows, feet, hips, shoulders and tailbone. Refer to the Movement and Transfers section on page 27 of this guide to learn more.

To help prevent the development of bedsore on the heel or sacrum, specialized products—such as a pressure relieving heel protector—may come in handy. Body positioning products are also available for people who are at risk of developing bedsore. Ask your healthcare provider about specialized heel protection and body repositioning products and learn more at ShopSageProducts.com.

Prevalon® Heel Protector

Shaped like a boot, the Prevalon® Heel Protector is worn on the foot. The soft cushion inside the heel protector relieves pressure by elevating the heel away from the mattress. Even when moving around in bed, this innovative design keeps the foot in place and away from the mattress—where pressure generally builds up.

Prevalon™ Turn and Position System 2.0

Body positioning products like the Prevalon™ Turn and Position System 2.0 are designed to help you and another caregiver easily turn someone in bed. The system consists of a blue glide sheet, two body wedges and a white Microclimate Body Pad. A padded wedge rests underneath the thighs and the other wedge sits under the sacrum (or lower back) where it relieves pressure. The body pad absorbs wetness and keeps the skin dry—a key design feature that helps protect skin from moisture damage.

Did you know?

Prolonged wetness from body fluids weakens and irritates the skin. If you notice redness or skin irritation from exposure to urine or stool, you might consider a cleansing wipe or cloth designed for people with incontinence. Refer to the Incontinence Care section on page 20 of this guide to learn more. Ask your healthcare provider or go to ShopSageProducts.com to learn more.



Notes:

Falls

Falls should be taken seriously; the consequences could be fatal.

- !** **SAFETY NOTE:** Call 911 if the person falls and is injured or can't move. Falls can hurt you, too! Do not try to stop a fall. Instead, help them to the floor, only if you can. Get help to lift someone who has fallen. If they can pull themselves up, put a sturdy chair nearby for support.

Fall Prevention—What you can do for loved ones:

- Hearing aids/glasses should be worn.
- Keep a cane or walker nearby at all times.
- Have the person wear non-skid socks or shoes, if possible.
- Keep the home well lit. Use night-lights when it gets dark.
- Pick up clutter on the floor to prevent tripping hazards. Repair damaged floors. Put non-skid mats in slippery areas.
- Check stairs and steps for safety. Make sure handrails are sturdy. Put bright tape at the edge of each step.
- Help them to the bathroom often. Many people fall trying to reach the bathroom.

Did you know?

Each year, 2.5 million people will suffer a fall and go to the emergency room.⁴ Oftentimes, poor eyesight, weak muscles or medications affect balance. Unfortunately, falls can cause serious injury, so it's important to do everything you can to prevent them.



Notes:

Medications

Your loved one might have to take a lot of different medications. Always review the directions with the healthcare provider or pharmacist. Avoid overdosing or missing doses. Giving medicines correctly will keep your loved one safe and comfortable. To keep track of medications, there is a medication chart on page 4 of this guide.

Managing Meds—What you can do for loved ones:

- Keep a list of all medicines, vitamins, etc. Write down who (healthcare provider) prescribed it; what (prescription name and dose); why (what it does), and when (the time it has to be taken) for each. Bring this list to all healthcare visits. You can use the Medication Tracker on page 4 of this guide.
- Give medicine exactly as directed. Always follow the healthcare provider's orders, even if it doesn't seem like they need the medicine. This is especially true for pain medicine. Do not crush or cut pills unless told to do so by your healthcare provider.
- Find out the side effects of the medicines. For example, pain medicine may cause itching, nausea or constipation. Many side effects lessen after the body adjusts to the medicine. But when certain symptoms (like constipation) don't subside, treatment may be required—otherwise it could lead to serious discomfort. Ask your healthcare provider for treatment options.

- Contact the healthcare provider if you have questions about any medicines, including over-the-counter drugs.
- Keep medicines out of reach if your loved one has dementia, is forgetful or is confused.



Notes:

Liquids

The average adult needs about 8 glasses (64 ounces) of liquids each day, however many patients may need to restrict fluids due to their health condition. Check with your healthcare provider to determine your loved one's need for fluids and the right amount to give them.

- ! **SAFETY NOTE:** Contact your healthcare provider if your loved one has trouble swallowing. There may be a risk of choking. They may recommend liquid or food thickeners.

Staying Hydrated—What you can do for loved ones:

- Always follow your healthcare provider's directions when giving liquids.
- Unless directed otherwise, always keep liquids within reach.
- Liquids can come in a variety of forms such as juice, milk, soups, fruits and vegetables.



Notes:

Daily Activities

Sometimes it's easy to forget how much a family member grows dependent on you for many of their needs. That's especially true if you've recently come into a caregiving role. When they need help with daily activities, keep these personal care tasks in mind as you create a routine:

- Eating
- Mouth Care
- Bathroom Activities
- Incontinence Care
- Bathing and Personal Care
- Getting Dressed
- Movements and Transfers

! **SAFETY NOTE:** Contact your healthcare provider before trying any task for the first time. Have them show you how to do each task safely and correctly. Read the steps carefully. Prepare supplies before starting. Many of these steps are for someone who can be moved without pain. Contact your healthcare provider if your loved one is in pain.

Making it work for both of you...

No doubt, some caregiving tasks are embarrassing for both of you. So it's important to remember that certain situations, like getting dressed, may be uncomfortable for your loved one.

Keep in mind, it helps when they invite you to assist them with a task. Before giving help, consider asking them, "Mind if I help button your blouse?" This approach helps them feel more in control and allows them to do as much as they can on their own.

Work together to make a care schedule based on their usual routine. Fill out a calendar or post a list for each day. Adjust the schedule accordingly.

Eating

Most people connect food with caring and nurturing. It can be hard to see your loved one's eating habits change. They might eat less because they feel weak, sick, or because of medical treatments. This can lead to weight loss.

Try not to press them to eat more. This may cause stress. Instead, talk to them if they are conscious and able to communicate, and find out why they don't want to eat. Contact your healthcare provider to see if there is something else that may help with their eating. They may have suggestions for this situation.

You can also find a printable meal plan at ShopSageProducts.com under Caregiver Stories, Tips and Articles.

- ! **SAFETY NOTE:** Never force your loved one to eat. This can cause choking. If their condition allows, they should sit up while eating. Have them sit up for at least 20 minutes after meals.

Making Mealtimes a Breeze—What you can do for loved ones:

- Ask them to help plan meals. Be aware that they may no longer want the same foods they used to like.
- Let them decide when to eat. Give them plenty of time to eat. Small meals served more often may be easier.
- Encourage them to eat on their own for as long as possible. Try sectioned plates, two-handled cups, bending straws and forks/spoons with larger handles. Switch to finger foods (like sandwiches) if they can't hold a fork.
- Never comment that they are not eating enough. Instead, change portion sizes to fit their needs.



Notes:

Mouth Care

Everyone can appreciate the refreshing feeling that comes with a clean mouth and fresh breath. To establish good oral habits, it helps to stick with a consistent daily mouth care routine.

What is mouth care?

It's a daily ritual that includes brushing the teeth and tongue and flossing in between the teeth for healthy gums. If you wear dentures, it means daily brushing, as well.⁵ Good oral care also requires regular dental checkups.⁶

Some people include mouthwash as part of their daily routine. According to the American Dental Association, mouthwash helps freshen breath while decreasing plaque and tooth decay.⁷

Dentists suggest brushing teeth in the morning, after eating, in the evening and as needed. Brushing may help to prevent mouth sores, problems with teeth and other discomforts. Good mouth care may also help to prevent infection.

Helpful Mouth Care Tips—What you can do for loved ones:

- Help them to the bathroom to brush teeth.
- Let them brush their own teeth, when possible.
- Use a large-handled, soft bristled toothbrush. A foam roller or tape around the handle may help them grip it more easily.
- If your loved one has natural teeth, encourage them to floss daily.
- Gently wipe the mouth clean and pat dry as needed. Use a mouth moisturizer on the lips and the inside of the mouth to prevent chapping and soothe oral tissue.
- Follow the same cleaning schedule for dentures. Check dentures often for damage. Store them properly when not in use.

If your loved one is bedbound and can't brush on their own, follow the steps on the next page.

Brushing Your Loved One's Teeth:

Here's what you'll need...

- Soft bristled toothbrush
- Sodium bicarbonate or toothpaste
- Floss
- Non-latex medical gloves
- Water
- A small basin, if needed
- Hand towel

! **SAFETY NOTE:** Contact your healthcare provider if your loved one cannot swallow. Use a pea-size amount of toothpaste to prevent choking.

Here's how to get started...

1. Put on gloves. Ask your loved one to rinse their mouth, if they can spit. Use the basin to catch the rinse if your loved one is in bed.
2. If they cannot rinse, wet the toothbrush and use it to swab the mouth. Dry spills with a towel as needed.
3. Gently brush your loved one's teeth.
4. Have them rinse (or swab the mouth with a wet toothbrush) until all traces of toothpaste are gone.
5. Wipe the mouth and chin with a moist washcloth and pat dry with a towel. Gently floss once a day. Apply lip balm if needed.

Sage Oral Care Products

Our line of oral care products includes:

- Ultra-soft Toothbrush
- Sodium Bicarbonate
- Toothette® Mouth Moisturizer
- Perox-A-Mint® Oral Rinse
- Toothette® Brand Foam Oral Swabs

Has your doctor recommended the use of suctioning tools as part of the daily oral care routine? If so, you might consider Sage brand suction oral care products to care for your loved ones. You have the choice between single-use (disposable) systems or swabs that connect directly to standard suction tubing. Sage also provides other oral care systems, including non-suction oral care products.

Q•Care® *Continue Care™ Oral Cleansing and Suctioning Systems*

These products are ideal for people with difficulty expectorating, or spitting. They are also useful after a stroke, when swallowing sometimes becomes difficult—which could be a risk factor for developing pneumonia. These oral care products are intended for people who are not on ventilators. This system contains all the oral care tools you need for the day including the toothbrush and oral rinse solution.



Notes:

Bathroom Activities

Your loved one may lose the ability to control their bowel or bladder function, and may need your help using the bathroom. Sometimes bladder and bowel changes occur because of a disease progression or from various medications that cause incontinence.

Helping them with toileting can be uncomfortable for both of you. We've outlined a few things to keep in mind as you help someone in the restroom.

- !** **SAFETY NOTE:** Contact the doctor if you notice an increased loss of bowel or urinary control. It could be a sign of infection. Sometimes incontinence can be treated. Your healthcare provider may be able to give you treatment options.

Restroom Routine—What you can do for loved ones:

- Always be calming and reassuring. Let them know it's ok to rely on you for help with going to the bathroom.
- Make a schedule to set bathroom trips every two or three hours. The frequency of the bathroom schedule may help them remain in control of bladder or bowel functions. When they do ask to use the restroom, help them immediately.
- Help them walk to the bathroom and give them plenty of time to make their way to the toilet. Do not rush them, as they may lose their sense of balance.
- Move the bed as close to the bathroom as you can. A bedside commode may help if they are unable to walk to the bathroom.
- Leave the room if it's safe to do so. If not, turn away. Respect their dignity by giving ample time and privacy.
- They may need to use adult diapers or bed pads to absorb bodily fluids. Always keep them dry and clean. Change soiled clothing and sheets right away.
- If they can't get out of bed, your loved one may need help using a bedpan or plastic men's urinal.

How To Use a Bedpan:

Here's what you'll need...

- Bedpan/urinal bedpan
- Baby powder
- Non-latex medical gloves
- Bed pad
- Toilet paper

Here's how to get started...

1. Put on gloves. Dust powder on the rim of the bedpan. This makes it easier to slide. (Use a urinal bedpan for men.)
2. Close doors/curtains for privacy. Help your loved one pull pants and undergarments down and out of the way.
3. To place a bed pad under your loved one (to help absorb leakage) ask them to lay flat and lift their hips off the bed if, they can assist. Place one hand behind their lower back, then place the bed pad under their buttocks.

4. To place a bedpan underneath someone, ask the person you are caring for to lift their hips again. Support the lower back with one hand and slide the bedpan in place underneath the buttocks.
5. If they are unable to lift their hips, roll your loved one to one side. Put the bedpan on the bed pad, next to the buttocks. Carefully roll them onto the bedpan, holding the bedpan in place under their buttocks.

! SAFETY NOTE: When rolling your loved one on their side, raise the side rails at the side of the bed to help prevent a fall.

6. If possible, help them into a sitting position to use the bedpan. Prop them up with pillows or raise the bed to assist them in sitting over the bedpan. If possible, ask them to bend their knees to make sitting over the bedpan easier.
7. When they are finished, help them to lay flat. To remove the bedpan, have them roll to one side or simply roll them off the bedpan—whichever way is easier. Hold the bedpan carefully to avoid tipping or spilling the contents. Put the bedpan on the floor and cover it with a towel.
8. To clean someone after a bowel movement, keep the person you are caring for on their side and wipe the buttocks clean with wipes and/or toilet paper. The genital area needs to be wiped and cleaned separately from the anal area. Always wipe front to back to avoid infection.*

* For people who have issues with urinary and bowel control, specially designed disposable hygiene products can make a world of difference. Various cleansing cloths or wipes offer a convenient way to stay clean. See page 20 for more information.

9. If needed, clean with a washcloth, warm water and soap. Look for skin irritation. Dry the washed areas and remove the bed pad and sheets if soiled.
10. Empty the bedpan in a toilet, being careful not to splash. Fill the bedpan with hot, soapy water. Scrub with the toilet brush. Empty the pan into the toilet and rinse. Pour five capfuls of bleach into the bed pan. Rinse with hot water. Let dry.
11. Throw away the gloves. Wash your hands with soap and water.

Incontinence Care

Incontinence refers to losing control of bowel or urinary functions.⁸ There are many different factors that cause incontinence. Talk to your healthcare provider to learn more.

Maybe you're new to incontinence care or just want a refresher. Either way, you already realize that skin exposed to urine and stool becomes irritated. But when it sits there for too long, you may notice even more irritation, redness and skin breakdown or sores. That's why it's important to clean someone right after they have an incontinent episode.

To make life a little easier, you could use specially formulated incontinence wipes or clothes that clean and protect the skin. Your healthcare provider can recommend the right types of products.

Specially designed incontinence cloths or wipes can certainly make it easier to manage incontinence. It's important to find a wipe that cleans as well as soothes the skin. A quick glance at the list of ingredients will help you pick a gentle product that works for your loved one.

Comfort Shield® Barrier Cream Cloths: The #1 trusted brand in hospitals.

Our Comfort Shield Barrier Cream Cloths provide soothing relief. They are hypoallergenic and use a clear, lotion-based 3% dimethicone barrier that protects the skin. The barrier helps seal out wetness, yet it's breathable, helping to promote healthy skin.⁹

These ultra-soft cloths are gentle on sensitive skin, yet strong enough not to tear during cleanup. To learn more, visit ShopSage-Products.com.



Notes:

Bathing and Personal Care

A bath can leave your loved one feeling clean and refreshed. Baths also give you a great opportunity to check for skin problems or sores. The face, hands and private areas should be washed daily: morning, night and as needed.

Tub baths are not recommended for people with disabilities or elderly persons as it increases the risk of falls and inability to get out of the tub. There are also practical bathing products used during those times when a tub bath is not an option. Specialized bathing cloths make it much easier to give someone a bath—especially if they are confined to the bed.

- !** **SAFETY NOTE:** Put non-slip mats inside and outside of the tub or shower. Consider using a shower chair and installing grab bars to help with getting into and out of the shower.

Bathing Basics and Grooming Essentials—What you can do for loved ones:

- Ask your loved one their preferences for bathing. Based on their response, gather the supplies needed. Keep baths relaxed and enjoyable. Adjust the room temperature before baths.
- Washing their hair can be done in the tub, shower, at the sink or in bed. (If they can't get out of bed, see "Washing Someone's Hair in Bed" on page 23.)
- You can also consider using shampoo caps or dry shampoos in between washings.
- If possible, going to a salon or barber shop may help them feel better about their appearance. Remember that some hairdressers make house visits. Call around.
- Use an electric razor to shave, starting on the neck and working up.
- Most people prefer to use the tub or shower, but if they can't move from the bed, they will need a bed bath or specialized rinse-free bathing products.
- Encourage your loved one to perform as much of the bathing as possible.
- If they become too tired, finish important areas like the face, hands and genitals. Then bathe their full body on another day when they have more energy.

Giving someone a bed bath:

Here's what you'll need...

- Non-latex medical gloves
- Sheet or blanket
- Basin of warm water
- Mild soap
- 2 large towels

Here's how to get started...

1. Put on gloves. Close doors/curtains for privacy. Remove soiled clothes and diaper (if using). Cover your loved one with a blanket.
2. Use warm (not hot) water. Change it often to keep it warm and clean. Use mild soap to keep the skin from drying. Use one washcloth for cleansing and another one for drying.
3. Start with the face and work down to the arms, chest and abdomen. Roll your loved one to one side to wash their back. The legs and groin should be washed and rinsed last.
4. Uncover and wash one body part at a time. Place a towel under the part being washed. Rinse and pat dry. Cover each body part again before you move to the next one.

! **SAFETY NOTE:** When rolling your loved one on their side, put up side rails at the side of the bed, to help them grip for support and hold themselves up. This will help prevent a fall.

5. Wash the genitals and buttocks last. Remove all body waste.
6. Gently massage baby oil or lotion onto the skin if it is dry.
7. If needed and recommended by healthcare provider, put a clean diaper on your loved one—otherwise help them into their regular undergarments. Dress them in clean clothes.
8. Change the bed sheets if they are soiled. If the person you are caring for can't get out of bed, see page 25.

When you need more flexibility with the bath routine, it may be time to consider a specially designed bath cloth product. Use bath cloths daily or occasionally for a convenient way to help someone wash and get on with their day.

Comfort Bath® Cleansing Washcloths

Whether bathing takes place in a shower or bedside, the aim is to get clean and feel good afterwards. Using a product like Comfort Bath Cleansing Washcloths allows you give a full body bath when regular baths aren't an option.

The cloths work especially well for people with an aversion to baths and showers. But the cloths also work as an in between measure when you can't bathe someone every day and they need a quick way to freshen up.

The rinse-free cloths contain a rich amount of cleansing solution, aloe and vitamin E—which leave the skin clean, soft and fresh. Comfort Bath Cleansing Washcloths come in regular scent and fragrance free. To learn more, visit ShopSageProducts.com.

Washing someone's hair in bed:

Here's what you'll need...

- | | |
|---|--|
| <input type="checkbox"/> A large trash bag | <input type="checkbox"/> A washcloth |
| <input type="checkbox"/> 5–6 large towels | <input type="checkbox"/> Plastic cup |
| <input type="checkbox"/> 2-gallon basin of warm water | <input type="checkbox"/> Mild shampoo |
| | <input type="checkbox"/> Hair dryer (optional) |

Here's how to get started...

1. Open the trash bag. Roll the sides down until the bag looks like a bowl. Line the inside of the bag with two or three towels to catch water. This helps keep the bed dry.
2. Cover the pillow with a towel. Roll up another towel and place it under their neck. Place your loved one's head in a comfortable position.
3. Put the trash bag under the head. The rolled towel under the neck should be inside the bag.
4. Fold the washcloth in half. Place it over your loved one's eyes. They may want to hold it in place.

5. Use the cup to wet their hair. Keep water off your loved one's face. Cover their forehead with your free hand.
6. Gently massage shampoo (about the size of a quarter or less) into the hair and scalp. Lift the head gently to massage underneath.
7. Rinse with the cup until all traces of shampoo are gone.
8. Remove the trash bag. Carefully unroll it to keep the water inside.
9. Dry the hair with a hair dryer or a towel. Remove the towel from the pillow when the hair is dry.

Comfort Rinse-Free Shampoo Cap

Specialized rinse-free shampoo caps make hair washing much easier for people with mobility issues or who need to wash hair in between regular showers. Something as simple as clean hair goes a long way to boost someone's confidence. With the Sage Comfort Rinse-Free Shampoo Cap, your loved one will enjoy clean, fresh hair right from their bedside.

That means no trips to the bathroom. Shampoo caps contain all the shampoo, conditioner and detangler you need for a warm, soothing shampoo experience. The caps can be warmed in the microwave. The best part—they require no water, so there is no need to rinse the hair. To learn more, visit ShopSageProducts.com.



Notes:

Changing bed sheets:

Here's what you'll need...

- 2 clean, flat sheets (no fitted sheet)
- Bed pads
- Plastic bag or hamper
- Extra blanket, if needed
- Clean pillowcases

Here's how to get started...

1. Imagine the bed divided in half lengthwise. Have your loved one roll onto their side (or roll them) onto one half of the bed.

! **SAFETY NOTE:** When rolling someone on their side, put up side rails at the side of the bed. This will help prevent a fall.

2. Untuck the dirty sheet from under the mattress on your side. Roll it lengthwise towards the center of the bed until the roll rests by your loved one's back.
3. Take a clean flat sheet and fold it in half lengthwise. Put it on the bed with the fold running down the center.
4. Roll the top half of this sheet to the center of the bed. Tuck the unrolled half of the sheet under the mattress. Smooth out all wrinkles.
5. Add a bed pad, if needed. Fold the pad in half, put the fold at the center, and roll the top half to the center.
6. Ask your loved one to lie flat on their back (or roll them) to the center of the bed. They should be laying on top of the rolls.
7. Put the opposite side rails up. Ask your loved one to roll over (or roll them) to the clean half of the sheets. Remove the dirty sheets completely and put them in the plastic bag/hamper.
8. Unroll the clean bottom sheet (and bed pad, if using) from the center of the bed. Stretch the sheet and smooth out all wrinkles. Tuck the bottom sheet under the mattress.
9. Cover your loved one with the second sheet. Tuck the sheet in if they prefer. Add an extra blanket in case they want one. Change the pillowcases and adjust the pillows.

Getting Dressed

Dressing for the day helps keep routines feeling normal. There could come a time when it may be better to use a hospital gown. But you will want to help your loved one dress in everyday clothes for as long as possible. Helping the person you are caring for get dressed can maintain dignity and boost self-esteem.

! **SAFETY NOTE:** Be careful with weak limbs and joints when dressing.

Looking Our Best—What you can do for loved ones:

- Let them choose outfits. If they are indecisive or confused, simply offer two or three options.
- Choose comfortable, loose clothes. Pick items that are easy to remove. Look for clothes with snaps, zippers, Velcro® and elastic.
- Let them dress themselves as much as possible while offering to help. Hand them one item at a time.
- If their right side is weak, put the clothes on that side first. When undressing, take the clothes off the weak side last.



Notes:

Movements and Transfers

Your loved one may struggle with movement. They may not be able to get around easily—or at all. You may have to help them get up from a chair, bed or toilet. You may have to move them from one spot to another. You may need special training/equipment in order to safely move them.

- ! **SAFETY NOTE:** The healthcare provider must show you how to do this safely. Have a walker or cane ready to support your loved one. Chairs should be sturdy and should not slide. Make sure wheelchair brakes are on.

Manually transferring loved ones:

1. Talk to one another during the entire movement process. Ask them to tell you if they experience pain or dizziness. Stop if this happens at any point.
2. If they are in bed, ask them to sit up. Swing their legs over the edge. Consider having them wear non-skid socks.
3. Ask them to place both palms on the bed. (Use armrests when sitting in a chair.) Never let their arms wrap around your neck. This can injure you both.
4. Stand close to your loved one, like you're going to hug. Place their legs in between yours. Their feet should be firmly on the floor.
5. Bend at your knees. Wrap your arms around their waist. Ask them to rock front-to-back to assist, if they can. Count to three. On three, they should push off as you lift.
6. Lift, keeping your back, neck and shoulders in a straight line. Use your buttocks and legs to power the lift. If you feel strain, stop and get help.
7. Make sure they are steady before backing away. Then offer their walker or cane.

8. To transfer to a chair, do steps 1–6. While still holding them, turn their back towards the chair. Shuffle your feet to turn. Never twist. Shuffle until the backs of their legs touches the chair.
9. Bend at your knees as you lower them down. Keep your back straight. Ask them to use the armrest for support if they can. Slowly lower them into the chair.
10. Adjust them in the chair for comfort. Watch for skin that is being pinched or possibly rubbing on the chair.
11. Using special equipment designed for heavier people may help you move them more easily. Contact your healthcare provider for recommendations.

Positioning someone on their side:

Perhaps you just brought your loved one home from surgery. You've prepared their room so they can rest in bed for several weeks or longer. Before tucking them in, make sure the bed is set up so they can find a comfortable position. The steps below will ease the process of properly positioning someone in bed.

1. Fold an extra sheet in half and place it crosswise on the middle of the bed. The person in bed lays on top of this sheet—commonly called a draw sheet. After they lay down, grasp the leg closest to you and crisscross their legs.
2. To roll them onto their side, pull the draw sheet toward you and slightly upwards.
3. If they can assist, ask them to reach for the side of the bed as you turn them. This will provide increased stability.
4. Place a pillow underneath the draw sheet—underneath their thighs, sacrum or lower back—for additional support. Place a second pillow beneath the buttocks. Another pillow should be placed between their knees for comfort and support. Some people like another pillow beneath their arm.

Repositioning someone in bed:

When caring for someone else, you probably think about their comfort level a lot. In fact, you may start to wonder whether they're feeling a little achy from all that sitting or lying in bed. One way to help them get comfortable is to change positions.

By frequently changing positions, it lessens the amount of pressure on the skin. Prolonged pressure on certain areas of the skin increases the risk for bedsores (see page 8), whereas continual repositioning dramatically reduces the risk.

How can you reduce pressure for someone confined to their bed for long periods?

To reduce pressure, simply alternate which side they are laying on every couple of hours—two hours on their left side, two hours on the right. This simple measure reduces the amount of time pressure is placed on the tailbone area, which is a common spot for bedsores.

Many caregivers, including nurses, use the Prevalon™ Turn and Position System 2.0 to reposition people in bed. Read more about it on page 9 or visit ShopSageProducts.com.



Notes:

Improving Quality of Life

Losing independence is a big loss for many people. For most of our lives, we do things on our own. If we want to eat, we eat. If we want to go somewhere, we get in the car and go. Having this freedom taken away is a huge change. Your loved one may start to feel “stuck” or depressed.

Quality of life is how a person feels day to day. It includes physical, emotional and spiritual wellness. It’s important at every stage of life.

Help your loved one continue doing things they enjoy. Pick activities that are at their skill level. Do some of the activities with them. This could be a good time to bond. Taking small steps to add joy to each day can do a lot to improve quality of life for you both.

Outlook on Life—What you can do for loved ones:

- Ask the doctor or therapist about exercises. Balancing exercises or short walks may be suggested.
- Do activities that exercise the brain. Read, listen to audiobooks, play games or do puzzles. Write letters or make phone calls to friends and family.
- Include them in tasks around the house. They could sit in the shade while you tend the garden. Ask them to help with simple tasks, like washing vegetables for dinner.
- Listen to their favorite music.
- Look at family photos. Have them pick some to put in their room.
- If they can’t get out of bed, move family time to their room. Plan visits when they have the most energy. Watch movies or eat dinner while sitting around the bed. Follow their cues and know when to leave and let them rest.
- If they are religious, try to maintain their faith traditions. If you can’t go to a service, pray at home together. If they aren’t religious, try meditation.

Changes in Behavior

It doesn't happen all the time, but many caregivers struggle when their loved ones' personalities start to change. This can happen because of illness, dementia, frustration or age. Sometimes medications can affect behavior, too.

Someone who used to be loving may turn mean. Someone who was always fussy may get even more difficult. Someone who used to be cheerful may get depressed. It may be hard for you to stay positive. The emotional stress added to caregiving duties can be a lot to handle. Contact your healthcare provider if you notice changes in behavior.

Caring for Yourself

Your quality of life is important, too. Many caregivers get overwhelmed with caregiving duties. You may feel like everything you're doing still isn't enough. You must take care of yourself to be a good caregiver. It's hard to take care of someone else when you feel stressed.

Self-Care Basics—What you can do for yourself:

- Ask your healthcare provider about respite care—that way you can get a break from caregiving duties.
- Keep in contact with family and friends. Ask for their help. Invite them over or talk to them online or on the phone.
- Protect your health. Exercise, eat well and get sleep.
- Keep your sense of humor. Watch a funny movie. Read a good book.
- Try to stay positive. Take it one day and one step at a time.



Notes:

References

1. Fowler, E., Scott-Williams, S., McGuire, J. (2008). Practice Recommendations for Preventing Heel Pressure Ulcers. *Ostomy Wound Management*, 54(10), 42-57.
2. Russo, C.A., Steiner C., Spector, W. (2008). Hospitalizations Related to Pressure Ulcers Among Adults 18 years and Older, 2006. *HCUP Statistical Brief #64*. Retrieved from <http://www.hcup-us.ahrq.gov/reports/statbriefs/sb64.pdf>.
3. Mannari, R., et al. (2002). Successful Treatment of Recalcitrant, Diabetic Heel Ulcers with Topical Becaplermin (rhPDGF-BB) Gel. *Wounds*, 14(3).
4. Centers for Disease Control and Prevention. (2015). Older Adult Falls: Get the Facts. Retrieved from www.cdc.gov/homeandrecreationalsafety/falls/adultfalls.html.
5. American Dental Association. (2015). Dentures. Retrieved from <http://www.mouthhealthy.org/en/az-topics/d/Dentures>.
6. American Dental Association. (2015). Oral Health. Retrieved from <http://www.mouthhealthy.org/en/az-topics/o/oral-health>.
7. American Dental Association. (2015). Mouthwash. Retrieved from <http://www.mouthhealthy.org/en/az-topics/m/mouthwash>.
8. Incontinence. (n.d.). In *Merriam-Webster Online*. Retrieved from <http://www.merriam-webster.com/dictionary/incontinence>.
9. Beeckman, D., et al. (2011). A 3-in-1 Perineal Care Washcloth Impregnated with Dimethicone 3% versus Water and pH Neutral Soap to Prevent and Treat Incontinence-Associated Dermatitis: A Randomized, Controlled Clinical Trial. *The Journal of Wound, Ostomy and Continence Nursing*, 38(6).

Adapted with permission from *Caregiver Confidence: A Guide to Caregiving at Home* © 2013 by Quality of Life Publishing Co. Some content adapted with permission from the Washington State Department of Social and Health Services. *Family Caregiver Handbook*. 2013. PDF file.

All rights reserved. No part of this booklet may be reproduced without prior permission of the publisher. Printed in the United States of America.



Published by Quality of Life Publishing Co.
Naples, Florida

Quality of Life Publishing Co. is an independent, mission-driven firm specializing in branded publications that help ease the way for those with life-limiting illnesses and their families. Visit www.QOLpublishing.com.



www.shopsageproducts.com
1-888-219-7559

