



Transitions to long-term care are hard. Transitions and subsequent care are a team effort.

CAREGIVER CONSIDERATIONS

Caregivers can be:



Family members



Friends



Chosen family



Making caregivers key members of the care team improves outcomes for families, residents, and healthcare providers.

HOW CAN YOU TAKE ACTION?

If you are a caregiver:



Identify yourself as a caregiver

Let the care team know who you are and your role in your loved one's care.



Communicate with healthcare providers in a timely way

Share updates and concerns as they arise to ensure effective collaboration.



Share in the decision making; you're a partner on the care team

Be an active participant in care discussions.



Express your own needs, especially if you need support

It is important to maintain your well-being while caring for your loved one.

If you are a healthcare provider:

Acknowledge and recognize caregivers

Recognize them as experts in understanding the care and needs of their loved ones, valuing their unique perspectives.

Partner with caregivers in the ongoing care of residents

Work together to ensure seamless, person-centered care.

Actively engage with caregivers to learn about the resident

Ask for their input to better understand the resident's health history and care preferences.

Ask caregivers about their needs and support them

Regularly check in and offer resources or assistance to ease their caregiving journey.

For more information, visit defydementia.org