

Support for Caregivers



Caregivers Need Care Too

If you feel like you need a break or help, reach out to friends and family. And consult the resources listed here:

- National Alliance for Caregiving
www.caregiving.org
- Caregiver Action Network
www.caregiveraction.org
- Family Caregiver Alliance
www.caregiver.org

How to Play a Role in Your Loved One's Recovery

We encourage patients to pick a key person to support them during their hospital stay. Whether you are that primary support person, or just one of many people caring and supporting your loved one, you can play an important role in making sure your loved one gets the safest and best care here and beyond the hospital.

What to Know Before You Leave

Caregivers can help ensure the best outcome for their loved one after a hospital stay by getting the answers to these three questions:

- ◆ What is the next step for medical care (home or facility, follow-up with primary care physician or physical therapy, etc.)? Help your loved one arrange the details to make this happen—financial plan, transportation, scheduling, etc.
- ◆ What new and former medicines does my loved one need to take? Help your loved one understand the details—timing, dosing instructions, side effects, prescription refills, etc.
- ◆ What health warning signs do I need to watch for and what do I do if they happen? Help your loved one by writing these symptoms down as well as the name and contact number to call.

