

# Considerations for being an effective care partner/ caregiver

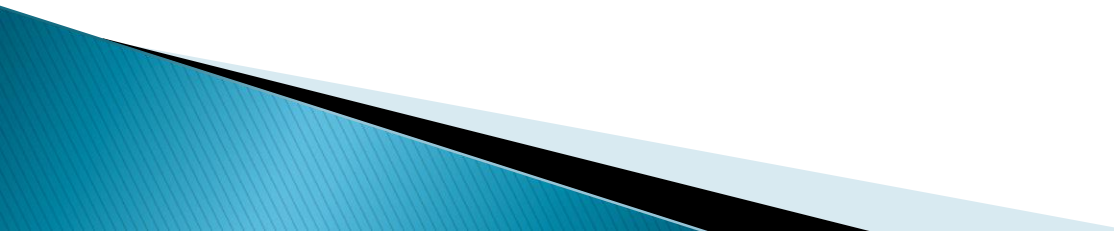
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# Caregiving Themes

- ▶ Caregiving is desirable and meaningful
- ▶ Manageable and Sustainable
- ▶ Caregiving as a shared activity
  - Care partners

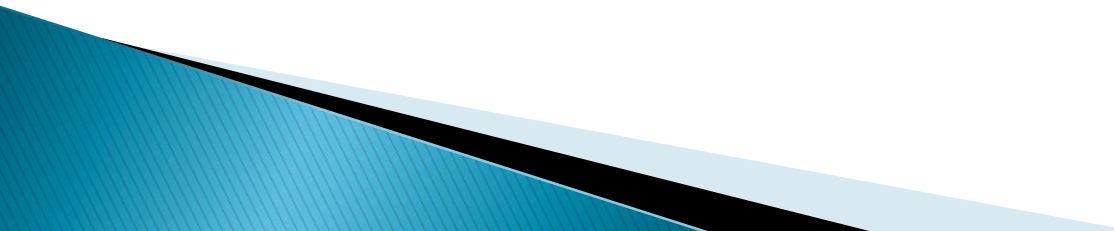
# Assisted self-care routine

## ▶ Planning

- Create a weekly/daily schedule
  - Plan around challenging activities
  - Utilize your loved one's strengths
  - Track energy levels
  - Make sure both parties are confident/prepared for process
  - Have a back-up plan, when possible
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# Assisted self-care routine

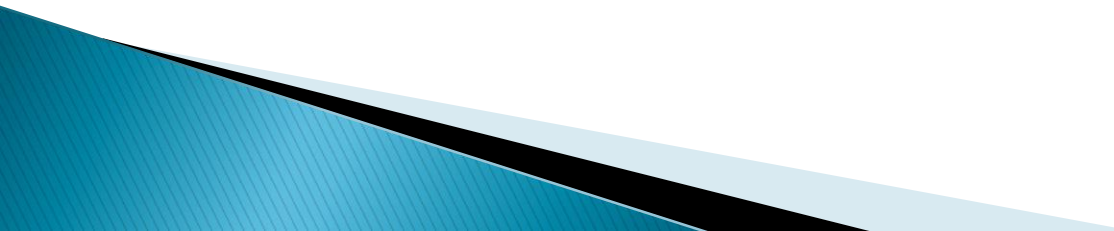
## ▶ Technique

- Position: Be mindful of set-up when completing tasks
  - Joint Protection: Consider how you are completing repetitive activities
  - Use equipment during lifting/repositioning as much as possible to prevent strain
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# Materials / Adaptive Equipment



# Additional Considerations

- ▶ Utilize additional in-home services for respite
  - ▶ Find a local caregiver/partner support group (TMA website)
  - ▶ Encourage your loved one to maintain participation in community-based/leisure activities
  - ▶ Open Communication
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# Open Discussion/Q & A

