



Caregiving Basics: Step Two Determine What's Needed

- Is your parent or loved one living alone, or still with a partner? In other words, if they fell down, is there someone there to help them up?
- Do they need someone there? How often? All the time? Just at night? During the day or just for certain parts of the day?
- Do they need meals prepared or brought in?
- Do they need grocery shopping done?
- Do they need someone to take care of paying the bills?
- Do they need someone to drive them to doctor appointments or other scheduled events?
- Does the situation at home call for nursing assistance? A home health aide? A companion? You'll need a specific level of care, for example, if your parent is incontinent, and an even more skilled level of caregiving assistance if your parent has intricate medical requirements (wound care, injections, IVs, etc.).
- Do changes need to be made to the home to make it safer? For example, do they need grab bars in the bathroom? A seat or handrail in the shower? Take a look at our list to see what else you can do to make their home easier to navigate and dependably resistant to accidents. Link to our list: <http://www.incareofdad.com/blog/wp-content/uploads/2012/08/help-reduce-fall-hazards.pdf>
- Do you, or whoever else is the primary caregiver, need respite care? In our case, Mom was Dad's main caregiver, and we realized she needed time off – known as *respite care* – from the non-stop nature of her caregiving responsibilities. She resisted, but we insisted, and she came to see the value in having a break every now and then.