Caregivers Meeting Notes Sunday, 3/6/2011
Facilitators: Jennifer & Cris Smiley
Subject: Tips for Caregivers

As you are taking care of your loved one, remember this pneumonic:
CARE= Caring, Attentive, Responsive, Empowered

Meals

-Basic Nutrition

-Food Safety

- When reheating anything make sure it is over 165 degrees. Bacteria grows 40-140 degrees.
- Check expiration dates.

-Immunity boosters

-Supplements

- Boost or Breeze
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-Cravings/Timeliness

- Someone undergoing treatment may have a craving for something in particular. It should be provided ASAP, because that craving or hunger may be fleeting.
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-Hazards/Expiration dates

- When reheating anything make sure it is over 165 degrees. Bacteria grows at 40-140 degrees.
- Check expiration dates
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-Healthy vs. Calories

- There will be days when calories are more important than eating healthy because regular food can't be tolerated.
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-Variety/Other preparation methods

-Portion size

- Make portions small. Smaller amounts of food eaten throughout the day are often tolerated better than 3 meals.

-Smell sensitivity

- Realize odors will affect nausea of individuals going through treatment. Take measures to take away things that smell.

-Cleaning & Sanitizing

- A high heat dish washer is helpful to ensure all bacteria is taken care of.
- Take extraordinary efforts to ensure your home is clean, because more people contract illnesses from home kitchens than they do from eating out.

-More info on Nutrition

- Go to www.cansurvivesupportgroup.org. Click on Recent meetings and scroll down to the meeting notes from 206-2011.

Medications & Patient Care

When anyone tries to administer any type of medication ask the following questions: what is it, who ordered it, and what is it for? Do not assume they are always giving you what you need.

Have a current list of all meds she is currently taking.

-**Medication Labeling**

-**Medication Schedule**

-**Alternative methods of receiving meds**

- If nausea is a problem, some medicine can be given rectally.
- Some medicines can be taken under the tongue or in a cream that is absorbed through the skin.

-Patient hygiene

-Safety precautions

-Linens

-Patient frustrations/limits

- It is important to conserve energy.

-Maintaining some independence

-Schedule for visitors/care givers

Doctor's Appointments/Treatments/Tests

Be aware of all the types of treatment your loved one is receiving. This will help better assist medical professionals and others who assist with treatment when you are not around.

It is so important to make sure all treating physicians are speaking to each other; DO NOT assume they automatically do this.

-When to schedule

- It is best to get any type of scan Monday-Wednesday, so you do not have to wait for any type of results over the weekend.
- Schedule all appointments mid-day to avoid traffic & to avoid more car time, that way if the patient has treatment problems he/she has less time to be uncomfortable in the car.

-Who should go

-What to ask/questions/notes

- Find out what vaccines they can receive during treatment.
- Have a current list of all meds they are currently taking.

-Websites

-**Handicap placards**

-Emesis bags

End of Life decisions

-Knowing your loved ones expectations and wishes

-Who should discuss these things

-Other names on accounts/utilities/access to storage or safety deposit box

-Wills/Living Wills

-Who to call/important numbers to have

Caring for Yourself

It is important to take time away from being a caregiver!

You also have to take care of yourself. If you do not take care of YOU, you cannot take care of someone else in the kind, caring, and competent manner you would like.

-Time in the home to do things

-Time away from the home

-Someone to confide in outside the situation

- Get someone to confide in, so you have the ability to keep your mental sanity.

-Healthy meals

-Support (church, neighbors, clubs, support group)

- Reach out to those who will help.

-Accepting help/Knowing what the needs are

-Informing your employer/co-workers

Making sure your employer is aware your loved one's condition is extremely important. This way they will be more understanding if your work performance suffers.

-Your safety with needles/waste

-Internet research/available literature