

A photograph of a man and a woman embracing from behind at sunset. The man is wearing a striped shirt and the woman is wearing a light-colored top. The background is a warm, golden sunset sky.

Caregiving through Observation

The ability to observe and make caregiving assessments of your loved one to provide better care.

Use the following tips to caregive through observation.



pheopara
ALLIANCE

Special thanks to Lori DeBane for creating this resource.

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USE ALL 5 SENSES – This helps create a clearer picture. Ex., you see your loved one is unsteady on their feet. They feel sweaty and they are slow to respond to questions. This creates a 3 sensory picture that might make you think back to foods that may be lacking in salt or too much? Did a particular scent make them lightheaded?

RED FLAGS – Such as food, activities, medications – time/doses, heat, cold, hydration, fatigue, standing too long, flushing, moods, brain fog & paleness

ANTICIPATING NEEDS – Such as water, medication, sitting down, diet, timing of eating and when to call the doctor

CREATE LISTS - When and what are the doses of medications, what is working, what is not working, designing and tracking ways to cut down on stress

JOURNALING – Both you and your loved one can journal to help with stress. Also, create a diary of activities which can be reviewed and help with direction, ideas and strategies.

TOOLS - logs, monitoring devices and laptop

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EMOTIONAL SUPPORT - For the loved one and the caregiver, it is important to work on emotional wellness. Exercise, groups, mediation, fun, travel, family, friends are just some ways to help with this journey.

REASSIGNMENT OF TASKS - Your loved one might need to reinvent what they are able to do, and the same goes for the caregiver. This can be a difficult for both. The caregiver may have to take on more tasks and be able to have those gentle conversations with the loved one.

MEDICAL CARE - The caregiver may need to take on a more active role in medical care. This helps with the daily concerns and helps the doctor create and alter medicine. Ex., in the hospital, the caregiver may take on a very active role.

PROBLEM SOLVING - Because pheo para is so rare and everyone's journey is different, problem solving is a key piece.

PROACTIVELY ADVOCATE - As the caregiver, advocating for your loved one in the medical arena can be overwhelming, but you are the second most expert in your loved one's journey. Speaking up in a positive and direct way will aid in outcomes.

TAKE CARE OF YOU - Being a caregiver by any stretch of the imagination, is not easy. It is scary, overwhelming and exhausting. It is OK to take time for you.