

# HOW TO EDUCATE YOURSELF ABOUT CAREGIVING

One of the most effective ways to prepare yourself for the various responsibilities you will be faced with when caregiving is to learn about:

- How the person you will be a caregiver for is changing.
- What their needs will be when they return home after a diagnosis or hospital stay.
- What services are available to help you both.
- Who you can turn to with questions and concerns in the future.
- What other sources of information you can use to learn about effective caregiving.
- What the disease/condition is and how it will affect a person.

Ask questions of the professional care providers:

- Do you have enough information about the person's medical condition?
- What the lasting effects of the illness will be?
- What changes may occur due to the illness/condition?

Ask to sit in on meetings with care providers about the care plan. This is an excellent way to gain information on progress of the care recipients condition and the treatment plans of the professional involved. Caregivers need to understand the disease issues fully.

Read books or watch videos about caregiving which may be recommended to you.

Use support groups to get first-hand information and support from other caregivers.

Contact the organization dealing with your loved one's condition.

## **MOST IMPORTANTLY**

**Become an expert on your situation.**

**Educate yourself: find out what is available in your community.**

**Become active: advocate for you and your loved one's rights.**

**Speak with other caregivers. Do not wait to seek support as a last resort.**

## **WE CAN HELP**

**CAREGIVERS NETWORK FOR EAST KOOTENAY SENIORS**

**TOLL FREE: 1 877 489-0803**

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