

GOING ON VACATION

Sometimes it seems impossible to get away and take a break from the responsibilities of caregiving. Looking after oneself and finding balance is key to caring for a loved one in a patient and kind manner. You deserve a break and with careful planning going on vacation can be possible. Depending on the care recipients condition, formal respite may be available. Reaching out to family and friends may also be an option.

YOUR CAREGIVER CHECKLIST

1. **Ask** a friend or neighbour to be an emergency contact or to run errands if needed. Ensure you leave them with:
 - A copy of your travel itinerary with contact information for each stop.
 - Extra keys for the house, mail, car, etc.
 - Contact list for your loved one's physician, pharmacy, and Power of Attorney.
 - Insurance information.
2. **Print** a copy of your itinerary and travel contact information for your loved one and stick it on the fridge or somewhere else easy to find. Also include contact information for your repair person, plumber, and mechanic.
3. **Stock up** on groceries, especially your loved one's favourites.
4. **Ensure** all prescriptions are filled and sorted if necessary. Leave a schedule of medications.
5. **Arrange** for someone else to visit or hire a home support agency to help out while you are away. Make sure reliable and safe care is in place before departure.
6. **Have fun** and allow yourself to rejuvenate and relax. Caregiving is hard work and taking a break is essential to caring for your loved one with patience and compassion.

WE CAN HELP

CAREGIVERS NETWORK FOR EAST KOOTENAY SENIORS

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