

Helpful Hints

Overall

- Communicate with your loved one as you execute tasks.
- Ask your loved one to help out as much as possible.
- Always keep the bed at a good working height.

Regularly Assess Your Abilities and Limits

- Be aware of maneuvers that you have noticed are becoming easier or more difficult for you.
- If you experience any of the following, you should consider recruiting additional support in the form of a family member or paid caregiver:
 - Your loved one is too heavy for you.
 - You are unable to do the transfer maneuvers correctly.
 - You are suffering from an illness.
 - You notice that a routine maneuver is becoming too much of a challenge for you.

Regularly Assess Your Loved One's Abilities and Limits

- Point out your loved one's strengths to him/her.
- Encourage your loved one to help you as much as possible based on his/her strengths.
- Consult your physician if you are noticing any physical and/or cognitive changes in your loved one:
 - Physical changes may include losing or gaining weight, sores or bruises, or difficulty doing activities that were once easy.
 - Cognitive changes may include an increased difficulty following routine commands, increased agitation, or a tendency to become disoriented.