I’m a Caregiver...Now What?

Lori Hill, AGE of Central Texas
CaregiverU Program Associate
Where’s My Orientation or On-The-Job Training????
Agenda

• The Many Faces of Caregiving
• Get Organized
• Create a Routine
• Establish Respite Care Options
• Self-Care
The Faces of Caregiving
Get Organized!

• Learn About Disease
• Create a Binder
• Legal Forms
• Safety
Create a Routine

- Consistency
- Simplifies decision making
- Feeling of security for your care receiver
- Improve sleep schedule
Establish Respite Care Options

In-Home Care
- Paid Care
- Agency
- Individual
- Family/Friend/Neighbor

Out-of-Home Care
- Adult Day Centers
- Social Respite Groups
- Assisted Living/Memory Care Facilities
“Self-care is a deliberate choice to gift ourself with people, places, things, events, and opportunities that recharge our personal battery and promote whole health—body, mind, and spirit.”
— Laurie Buchanan
General Health Care  Ask for Help  Take a Break  Join a Support Group  CaregiverU Classes

Don’t Forget YOU!
Thank you! Any Questions?