

## **Build Your Care Village**

Caregiving is not for the faint of heart, especially when it comes to family. It requires an overabundance of love, patience, compassion, empathy, faith, kindness, strength, and time. It requires a village. With only two hands and 24 hours in your day, you will need help.

A loved one's disease diagnosis can be overwhelming, but there are many steps you can take to improve the quality of life for your loved one and yourself. Below is a list of suggestions to help you get started. Be proactive. Start planning and building your village now, before you need it.

*You, the caregiver, are the essential part of your loved one's care village. Be kind to yourself. You can't give what you don't have. If you're tapped out, it's like trying to cook dinner when the pantry and fridge are completely empty. Occasionally doing something for yourself is not selfish. It replenishes your "supplies" and your loved one directly benefits.*

### **Your village might include:**

- Family, friends, neighbors, colleagues, pastor: for physical and emotional support (breaks, meals, errands, chores, visits, laundry, outings, shopping, doctor appointments, talking/laughing/venting)
- Medical professionals (doctors, nurses, therapists, pharmacists)
- Support groups
- Local and national dementia organizations: get on their email lists
- Elder care attorney: to discuss financial planning and care options
- Palliative care and hospice
- Aging care advisors
- Books
- Important medical and legal forms: POA, DNR, M.O.S.T., EMS Patient Info
- Telehealth doctor visits (easier than in-person visits)
- Dispatch Health: urgent care at home 365 days/year
- Wake County EMS ambulance insurance (only \$60/year and includes 911 Lift Assist)
- City of Raleigh special assistance for curbside trash can roll-out
- List of medications for appointments/hospitals/EMS, update as needed
- Online resources (classes, support groups, websites, seminars, webinars, books, videos)
- Private LBD Facebook groups

- In-home care
- Day care
- Respite care
- Uber and Lift apps for loved ones who no longer drive
- Gogograndparent.com for on-demand rides
- Home retrofits for ease, safety and comfort (handicap bars, bidet toilet seat attachment, ramps, stair lifts, toilet brace safety rail, etc.)
- Lightweight companion/transport wheelchair for easier mobility
- Walking cane that turns into a seat
- Med Minder pill dispenser
- Apple watch - can detect falls and dial phone numbers
- Share location on cell phones
- Apple air tags
- Apple Voice Memos (free app on iPhone) – to record doctor appts
- TSA Cares Assistance - for wheelchair or in-flight travel assistance
- Medical Alert bracelet or wallet card
- Pull-ups and mattress pads for incontinence
- Cleaning service
- Lawn care service
- Online shopping/shipping/deliveries (Amazon, Target, pharmacies, grocery stores, DoorDash, restaurants)
- Get a professional driving assessment for loved ones who don't want to give up driving but should. (AAA and other private driver evaluator companies)