

Personal Care Tip Sheet

CAREGIVING TIPS & HACKS

Be Prepared with a Heart Attack Kit

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Keep an emergency heart attack kit in a highly visible area in your home. The kit should include important documents such as a DNR, aspirin, nitroglycerin (if prescribed), information on medications and allergies, the doctor's phone number, and people to contact if the caregiver is not home when the emergency occurs.

Simplify the dressing process for your loved one by organizing their closet by outfit. This will make it easy and stress free for them to choose clothes that match. Then place other items of clothing such as underwear and accessories into easy-to-reach drawers.

CAREGIVING TIPS & HACKS

Easy Closet Organization

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ORGANIZE YOUR LOVED ONE'S CLOTHES BY OUTFIT



CAREGIVING TIPS & HACKS

Self Zipping Helper

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FEED THROUGH HOLE AND TIE KNOT



FEED CORD THROUGH ZIPPER



Use a pop can tab and some twine to help your care recipient zip their own zippers on dresses and blouses.

CAREGIVING TIPS & HACKS

Get Organized for Appointments

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ORGANIZE ALL RELEVANT DOCUMENTS FOR YOUR DOCTOR'S APPOINTMENT IN AN ENVELOPE.

MEDICAL HISTORY CARD THAT LISTS YOUR PRESCRIPTIONS/AMOUNTS



LIST OF QUESTIONS FOR DOCTOR

NOTEBOOK AND PEN TO TAKE NOTES OF VISIT

TEST RESULTS SINCE YOUR LAST VISIT

To help get everything in place for a doctor's appointment, color code important documents and then place them in an envelope in order to have everything organized in one place to hand to the doctor.

A simple way to give loved ones who manage their own meds a hand in keeping their medications straight is to write AM/Noon/PM with a bold marker on the lid of each medication. That way they can pull their medications out at the right time.

CAREGIVING TIPS & HACKS

Right Time, Right Med, with a Marker

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USE A PERMANENT MARKER TO LABEL MEDICATIONS WITH THE CORRECT TIME.

Add a subheading

