

Caregiving Activities



Basic activities of daily living:

Feeding, Bathing, Walking

Shopping, Housekeeping, Food preparation



Ensuring physical and mental well-being

Managing medical condition(s)



Managing finances

Decision making



Advocacy needs

Coordination of care needs



Physical Impacts of Caregiving



Back pain and muscle aches

Resulting from poor transferring techniques, improper posture or lack of assistance

Weight loss or gain

From changes in eating habits



Fatigue

From having to juggle multiple roles

Poor sleep

From interrupted rest



Headache

From insufficient rest

The lack of time and energy may cause you to neglect your own health. It is important to look after yourself while taking care of your care recipient.

Practise self-care



Knowledge and Skills of Caregiving

What caregiver
knowledge and skills
do I need?
Where can I find
them?



Strategies to Cope with Caregiving

How can I cope
with the challenges
and demanding
nature of
caregiving?



Supporting Yourself

How can I care
for myself?



System Navigation

What are the
available community
resources?
Where can I find
them?



Problem-solving Technique

5 steps to help you problem solve during your caregiving journey.



1. Define the Problem

Identify the root problem



2. Brainstorm Solutions

Think of all possible solutions and write them down



3. Weigh Pros & Cons

List the benefits and drawbacks of each solution



4. Choose Solution and Action Plan

- Choose the solution with the most benefits and least drawbacks
- Plan out how you will carry out the solution



5. Evaluate Outcomes

Set a timeline to check if the solution is working