



Tool Kit

Things you might need as a caregiver – you can start collecting them or obtain them as needed. Whether you purchase them on line, borrow from friends or ask for them from your medical provider this list can help you keep ahead of the situations that may arise.

Safety

- Grab bars for the bathroom (towel bars are a hazard, they aren't secure)
- Night lights in the hallway
- Locks on basement doors or rooms leading to stairs
- Tape down or remove cords on the floor – trip hazards
- Baby monitor
- Medicine box – with a lock or strong latch
- Walker
- Transport Wheelchair
- Shower Chair
- Non slip mat for shower or tub
- Solid hand rails on all steps (exterior and interior)
- Commode

Daily Care

- Waterproof mattress pad
- Waterproof disposable pads
- Moist wipes
- Cups with lids - without buttons to open
- Wedge pillow for the bed
- Diaper Genie
- Ergonomic cutlery
- Music – Pandora, favorite CD's
- Day of the week pill box
- Care Binder – Master Binder with key info, Travel binder with daily info (routines, meds, favorite activities or foods) for respite caregivers
- Dry shampoo
- Silly Bin – collection of fun diversions to have ready
- Puzzles and games that don't frustrate. Large pieces, interesting images.
- Weighted blanket
- Great smelling lotions and creams – massage helps the skin and the spirit
- A good supply of tea and coffee.

Take a Break Before You Break



The Caregiver Coffeebreak with Breeda Miller

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