

MAC's Smart Aging

Tips and Tricks from the *Caregiver Resource Center*

January 2024



As we begin 2024, it's the perfect time for a fresh start, but if you're the caregiver to an aging loved one, it can feel like there is no such thing as a "fresh start."

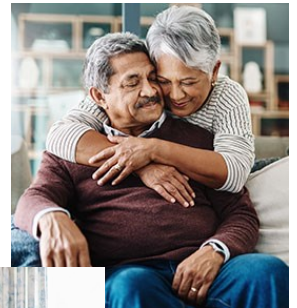
The late Rosalyn Carter has this famous statement about Caregivers:

"There are four kind of people in this world: Those who have been Caregivers, those who are currently Caregivers, those who will be Caregivers and those that need Caregivers."

Do you identify as a caregiver? The number of people we speak with that say, "No, I'm not her or his caregiver, I just help them with x, y or z," would surprise you. So let's look at what determines whether or not you are a caregiver.

Do you:

- Arrange or provide transportation to medical appointments?
- Purchase or organize medications?
- Monitor their medical conditions?
- Communicate with health care professionals for your loved one?
- Advocate on their behalf with providers or agencies?
- Help get them in and out of a bed or chair?
- Help them get dressed?
- Help them with bathing or showering?
- Go grocery shopping for them or run other errands?
- Do their housework?
- Help with meal preparation or help them eat?
- Or help with managing finances?



If you answered "yes" to any of the examples listed above, then you ARE a caregiver. Caregiver is defined as "a person who tends to the needs or concerns of a person with short- or long-term limitations due to illness, injury or disability." So, I'll ask again, are you a caregiver?

**If you need help with caregiver resources, from publications to Assistive Technology Devices,
please reach out to us at the CRC/AT room, here at MAC.**

Give us a call and we will be glad to answer questions about the resources we have. Please call at 410-742-0505, ext 148– Sandra Gay / sgay@macinc.org or ext 146 - Katie Clatterbuck / kclatterbuck@macinc.org

Disclaimer: The content in this handout is not intended as a substitute for medical advice. Talk to your doctor or healthcare provider before undertaking any type of therapy. We are not endorsing companies. Product description / information provided by manufacturers.