

Caring for an older loved one is a journey. With the right information and training, the steps along the way will be easier and more enjoyable for you, the caregiver and your loved one.

In this series learn...

- ❖ How to keep your older loved one safe and independent at home
- ❖ How to decrease stress in your caregiving role
- ❖ How to access equipment and devices designed to help your loved one
- ❖ And much more...

Show 1: Journey Notebook, Bedroom Safety, Bed Mobility, Bed Transfer

Show 2: Positioning, Mealtime Issues, Safe Entries

Show 3: Transfer Training, Durable Medical Equipment, Wheelchair Operation

Show 4: Infection Control, Bed Positioning, General Daily Care, Dressing, Helpful Dressing Devices

Show 5: Mobility, Hip Replacement Mobility, Fall Protocol, Walking Devices

Show 6: Bathroom Safety, Shower Transfer, Hygiene Products, Railings, Making the Kitchen Safe

Show 7: Solutions for Low Vision Issues

Show 8: Organizing for Efficiency, Exercising, Home Made Assistive Devices

Show 9: Caregiving & Mental Health Issues - When to Get Help

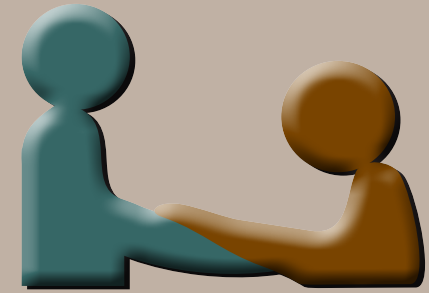
Show 10: Oral Health and Caregiving



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CAREGIVING:

Step-by-Step Strategies and Solutions for Caregivers of Older Adults



Caregiving

Step by Step

A ten part video series offering strategies and solutions for caregivers of older adults.

Brought to you by:



Central Plains Area Agency on Aging

316-660-5120 or 1-800-367-7298

