

PATIENT CARE GUIDE

Overview

Caring for a loved one at-home can be rewarding, but it also comes with challenges. This guide covers daily routines, safety practices, medication management, and emotional well-being strategies to support both patients and caregivers.



Daily Care Checklist

- Morning hygiene and grooming assistance
- Safe mobility and transfer practices
- Medication reminders and logging
- Balanced meals and hydration
- Light exercise and stretching
- Evening rest and comfort routines



Home Safety Tips

- Remove tripping hazards like loose rugs and clutter
- Install grab bars in bathrooms and near stairs
- Ensure proper lighting in all rooms
- Use non-slip mats in the shower and kitchen



Emotional & Social Support

⚠️ for caregiver burnout

- Encourage social interaction with friends and family
- Incorporate enjoyable activities like reading, music, or games
- Practice patience and active listening