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www.EastAlabamaAging.org

It's Not Too Late!

There's still time to register for our Score Big for Caregivers Event! Registration has been extended until November 7th! The event will feature some amazing speakers and free CEUs (provided by Auburn University). The conference will take place on Thursday, November 9th from 8:30 am – 2:00 pm at the Anniston City Meeting Center. We've also added a second day to the conference on November 10th from 8:30 am to noon at Cane Creek Community Gardens.

For more information on the agenda and registration, follow [this link](#)!



Caregiving Around the Clock

November is National Caregiver Month, and this year's theme is "Caregiving Around the Clock".

We put so much emphasis on caregiving because it will eventually impact all of us—whether we find ourselves needing care or giving care. But this job, while eternally selfless, can take a serious physical, mental, and emotional toll on caregivers. That's why we use this month to support, encourage, and assist those in a caregiver role.

To learn more about this month's theme and to get a glimpse of what caregivers do every day, follow [this link](#).



Tips for Sharing Caregiver Duties

As a Caregiver, you need help too! But this is often easier said than done. We understand that many times, you may feel like it's easier for you to handle the responsibilities yourself. But this can often lead to exhaustion, burnout, and a number of health issues. Here are a few tips you can use to care for yourself and make it easy to share caregiver duties.



1. Keep a written schedule of what times all medicines, meals, snacks, breathing treatments, preparation for bedtime, and other important events should occur.

2. Use a weekly pill box for medicines. This will save you time throughout the week and allow you to know up to 1 week in advance if you need to call for a refill. For medicines that are taken “as needed”, keep those pill bottles beside the weekly pill box.
3. Keep a calendar on the wall with all appointments and the work schedule of who will be the caregiver.
4. Keep a written list of current medicine names, dosage, and time of day with the patient at all times. Also, list allergies on this sheet.
5. Keep a notebook/journal with the patient for health info that must be remembered. This would go to every appointment. This way, you will have a quick reference for caregivers and for all the different doctors.
6. Make sure to eat! Caregivers can often get so wrapped up in their job that they forget to eat. Set a reminder for yourself to break and eat, or ask a family member or friend to bring you food!
7. Above all, get some rest. Because you have to work around the clock, you often find little time to sleep and rest. When sharing caregiver duties, be sure to take your down time to rest, relax, and get some sleep. Your body and mind need time to recharge!