

KaAnyi

Caregiver Support Guide

Caring for a loved one can be rewarding, but it can also be physically and emotionally demanding. Use these practical tips to promote safety, establish healthy routines, and care for yourself along the way.

Safe Transfers

- Encourage your loved one to move slowly when standing.
- Use gait belts or mobility aids if recommended by a healthcare professional.
- Keep pathways clear before assisting with transfers.
- Ask for help if a transfer feels unsafe.

Daily Routines

- Keep a consistent schedule for meals, medications, and activities.
- Break larger tasks into smaller, manageable steps.
- Encourage as much independence as safely possible.
- Keep frequently used items within easy reach.

Home Safety

- Remove tripping hazards such as loose rugs and clutter.
- Ensure good lighting throughout the home.
- Install grab bars in bathrooms when appropriate.
- Keep emergency contact information easily accessible.

Preventing Caregiver Burnout

- Take regular breaks throughout the day.
- Accept help from family and friends when offered.
- Prioritize your own sleep, nutrition, and physical activity.
- Stay connected with support groups or trusted friends.
- Speak with a healthcare professional if you feel overwhelmed.

When to Seek Occupational Therapy

- Frequent falls or near falls.
- Difficulty with bathing, dressing, or transfers.
- Changes in memory or safety awareness.
- Increased caregiver stress related to daily care.

How KaAnyi Can Help

KaAnyi provides personalized in-home occupational therapy to help individuals remain safe, independent, and confident at home while supporting caregivers with practical strategies and education.

KaAnyi

Helping adults remain safe, independent, and confident at home.

www.kaanyi.com