

# Practical Tips from Other Caregivers

- Protect your quiet time – use the answering machine to screen calls, hang a do not disturb sign on the front door when resting.
- When cooking, make simple meals and twice as much, freeze the extras.
- Use paper goods to shorten clean up time.
- Cut down on shopping trips by buying extra supplies of items you know you will need.
- Create a schedule. You might not follow it exactly, but knowing what the plan is for the day can reduce anxiety and help you both feel more in control.
- Pick your battles – ask yourself if something is really worth an argument or cross word.
- Keep a small amount of cash on hand so that you can easily reimburse helpful friends and neighbors when they run an errand.
- Establish “visiting hours” so that you can have both support and privacy.
- Pick a willing family member or friend to be in charge of relaying updates by phone or e-mail to others who are concerned.
- Use this care guide or another notebook as a centralized place to keep track of phone numbers, medications, appointments, etc.

Suncoast Hospice can offer guidance and support as you adjust to the changes in your life. In addition to a listening ear, we can provide information about services and resources available to help you. Call Suncoast Hospice at (727) 586-4432.

To find a hospice near you, contact the National Hospice & Palliative Care Organization help line at (800) 658-8898, or visit [www.nhpco.org](http://www.nhpco.org).

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