



NOVEMBER

“Supercharge Your Caregiving”

Caregivers are superheroes. Managing medications. Getting to appointments. Balancing work and home. How can family caregivers handle it all? Even superheroes need tools! Thankfully, caregiving tools can help lighten the load.

Think Safety First

If your elderly loved one is aging at home, safety and security is your first priority. You can't be there with them every minute of the day. But all sorts of gadgets can help keep them safe, maintain their independence, and relieve some of your worries. Wearable sensors can monitor a patient and contact family members if their loved one falls or if an emergency occurs. Smart homes and smart locks can help, too.

Unlock the Power of Medical Records

Information is power, and caregiver access to online patient medical records is getting easier and more powerful every day. With online patient portals you can get your loved one's health and insurance information how and when you need it. Join the millions of family caregivers who have already accessed their loved one's online medical records to improve care.

Master the Medications

One of your most important daily responsibilities is managing medications – making sure they are taken properly and on time, getting refills, and watching for side effects. Your loved one may have more than one illness and have to take several medications. Tech tools are an easy, safe way to track your loved one's meds and make caregiving a bit less stressful.

Unleash the Power of Apps

Caregiving is overwhelming and you simply can't do it all by yourself. Luckily, there are many apps and tools that can help caregivers do almost anything from A to Z. Check your loved one's vital signs. Locate them with GPS if they wander off. Get healthy eating plans at the touch of a button. Or connect with caregiver support groups and online communities. Use apps to streamline your tasks so you can get a break and take a few minutes to recharge your own batteries.

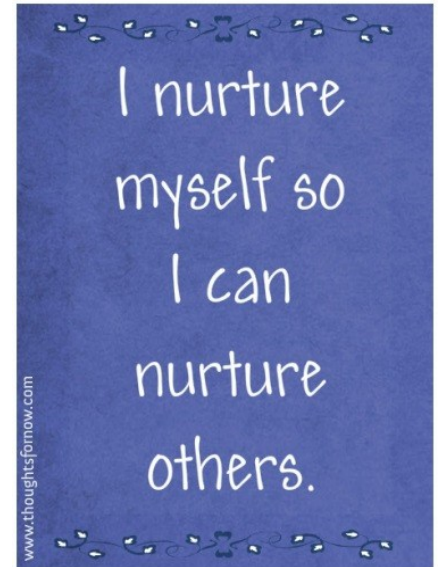
Not all superheroes wear capes. You are rising to the demands and challenges of the caregiver. Take advantage of tools that can help you stay on top of it all and help you restore some balance to your life.

*The key is not to prioritize what's on your schedule, but to schedule your priorities.
~ Stephen Covey*

FamilyMeans facilitates four Memory Cafes in Washington County

A welcoming place for those with memory loss and their caregivers to come together each month.

<p>First Tuesday 10:00am - 11:30am</p> <p>Hy-Vee 7280 E. Point Douglas Rd. S. Cottage Grove, MN 55016</p>	<p>Second Monday 9:00am - 10:30am</p> <p>Lake Elmo Inn 3442 Lake Elmo Avenue N. Lake Elmo, MN 55042</p>
<p>Second Tuesday 1:00pm - 2:30pm</p> <p>R.H. Stafford Library 8595 Central Park Place Woodbury, MN 55125</p>	<p>Fourth Wednesday 1:30pm - 3:00pm</p> <p>Walking: Rice Lake Centre 6900 137th Street N. Hugo, MN 55038</p>



Building Resiliency in Caregivers with Ted Bowman

Tuesday, November 13th

2:00 to 4:00pm

FamilyMeans

1875 Northwestern Avenue S

Stillwater, MN 55082

The resilience and well-being of a caregiver directly impacts the person in their care. Caregivers who engage in their own care are better able to be fully present for those they love and care for. In this practical session, caregivers will gain new perspectives and tools to build and sustain their resilience.

Register by calling Lauren Bennett at 651-439-4840 or email her at lmcgaffey@familymeans.org

Produced by Caregiving & Aging at FamilyMeans. Caregiving services include support groups, education, coaching and respite care. FamilyMeans also provides Counseling & Therapy, Financial Solutions, Youth Development and educational programs that strengthen and support families and the community.

Life doesn't get easier or more forgiving, we get stronger and more resilient. ~Steve Maraboli