

November honors family caregivers

November is National Family Caregivers Month with a 2018 theme of “Supercharge Your Caregiving!” and with some tips from the Caregiver Action Network (CAN).

Caregivers are superheroes. Managing medications. Getting to doctor appointments. Balancing work and home. How can family caregivers handle it all? Even superheroes need tools! Thankfully, new 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. Track your loved one's meds and make caregiving a bit less stressful.

Not all superheroes wear capes. You are rising to the demands and challenges of the caregiver role every day. Take advantage of tools that can help you stay on top of it all and help you restore some balance to your life. During National Family Caregivers Month, we want family caregivers to use new caregiving tools to make their lives a bit easier.

CAN at caregiveraction.org/ is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. **BT**