

Eldercare Solutions Overview and Guide

When you are considering becoming a caregiver and providing care to another person you are about to make one of the biggest and most important decisions of your life.

That is the first thing I really want you to know.

Please read that again and take just a moment to think about it and really let it sink in.

Too many people find themselves involved as caregivers with very little if any forethought or consideration – let alone preparation. That usually makes a difficult situation far more of a negative experience than it has to be and the consequences can be severe in so many ways.

If you haven't already done so go to Udemy and sign up for and complete my course ***Eldercare Solutions***.

Then come back here to www.ldsewell.com and to our Free Resources page, download and take the Free Final Exam and then get the answer key and see how you did.

While all of this is not nearly the complete story, nor anything close to everything that you will need to learn and know – it is nevertheless a great big step in the right direction – and that's a good start.

The course and the exam will give you some key things to become aware of and will help you continue your own learning and research so you can make better and more informed decisions that are better for both you and the person your are contemplating providing care for.

There are many other resources that you can utilize also – including support groups. Hopefully you can locate one in your local area. If not, you can certainly get help and support online and that can be very important and very beneficial to you as you embark on and proceed through your caregiving journey.

Keep in mind that caregiving can be and most often is an emotional roller coaster. Emotions will be high at times – both for you, the care recipient and anyone else closely and personally involved.

Get training and be cognizant of the fact that you can seek out and find additional sources of training, additional information, and support beginning now and continuing throughout the time you are a caregiver.

Do not hesitate to ask for help.

Admit to yourself when you do not have the answers you need and then go out and find people and organizations that can help you. For example – there are classes that teach practical ways to lift and move people in ways that you are less likely to cause injury to yourself or the care recipient. There are classes and workshops on everything else from bathing, to changing briefs, assisting with medications and feeding people with swallowing issues. What ever topic you can come up with – there are multiple sources of information and support for you if you seek them out and use them.

Be sure that you set aside time for your self and your immediate family – you have to do this too – or your most personal relationships and your own life will suffer. Set that time aside and find a way to make it happen.

Remember to address all of the legal issues that you need to before you get involved as a caregiver – and if you already have begun caregiving without doing so – then go do that immediately! Seek out a competent attorney who has knowledge in this area if you desire.

Thanks for reading this guide and for taking my course if you have – and if you haven't already taken it – what are you waiting for? Go find it on UdeMy now!

Once you complete the course – if you ever have any further questions about anything covered in the course – and anything else for that matter that I can help you with, just email me at ldsewell@ldsewell.com and I will do my best to try and help you.

Until we meet again in another guide, article, course, video, podcast or book – I wish you well in all you do – and good luck!

Best regards,

L.D. Sewell