

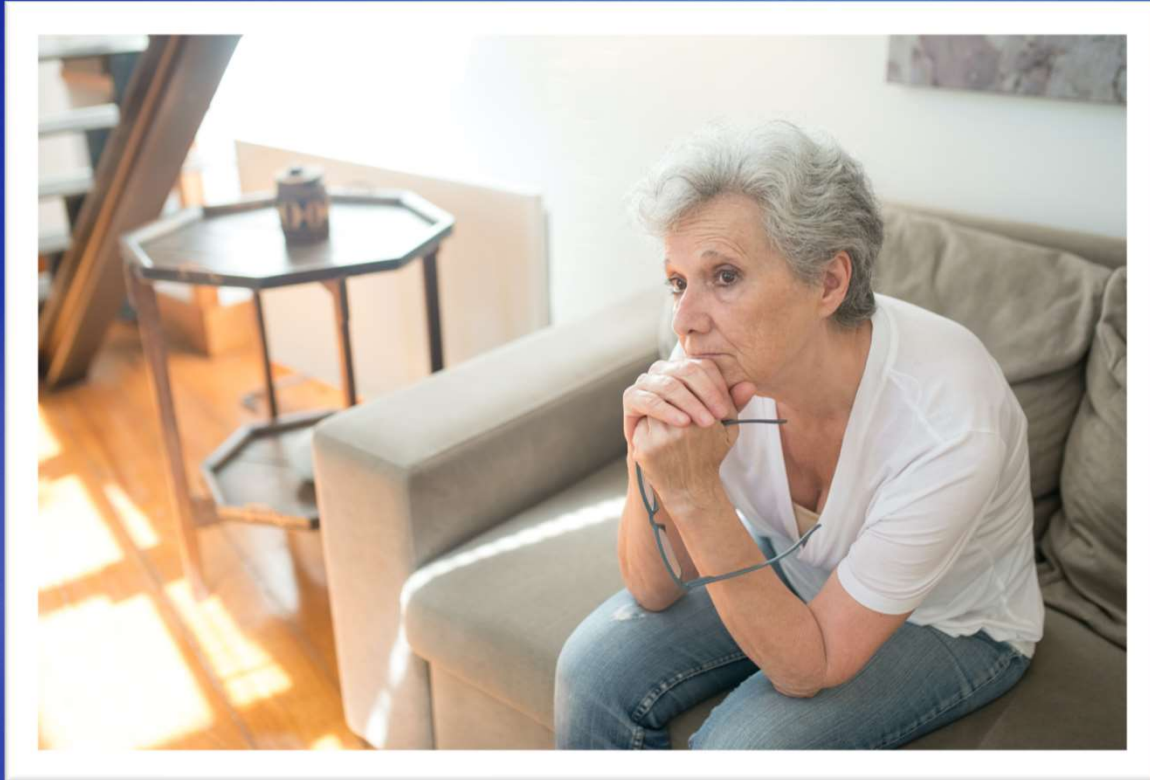


# *Caretaker Safety: How Can We Help Ourselves?*

BY: CRISTIANE B. CRUZ, R.KIN, MPK



**Many Of  
Us  
Provide  
Care For  
Others...**



**But  
Caregivers  
Also Need  
Help...**

# Top 3 Causes For Caregiver Injury



Falls



Helping Patients Move



Aggressive Behavior

# Ways To Help

## Falls

- Home Safety

## Helping Patients Move

- Proper Biomechanics

## Aggressive Behavior

- Discovering Triggers



# Home Safety



## Indoors

Assess Your Home For Tripping Hazards  
Consider Furniture Placement



## Outdoors

Clear Off Ice And Snow  
Proper Lighting  
Handrails On Stairs



## Home Hazards Presentation

<https://static1.squarespace.com/static/618734ac1fa3752a4f8fbef2/T/6195ae41c95e2f7f7cd93607/1637199478945/Home+safety.Pdf>

# Proper Mechanics: “How to Safely Transfer a Patient from Their Bed”

**UCI Health**

- ▶ Assess The Task
  - ▶ What Are You Trying To Achieve? Where Are You Trying To Go?
- ▶ Assess The Environment
  - ▶ Clear A Path To Your Destination
  - ▶ Minimize The Distance Needed To Travel
- ▶ Assess The Client
  - ▶ Have Them Do As Much Of The Movements As Possible
- ▶ Maintain Good Mechanics
  - ▶ Lift With Your Legs, Not Back
  - ▶ Avoid Twisting Your Back
  - ▶ Take Advantage Of Momentum

[https://www.youtube.com/watch?v=6E4cb8NdV44&ab\\_channel=UCIHealth](https://www.youtube.com/watch?v=6E4cb8NdV44&ab_channel=UCIHealth)

# Biomechanics

- ▶ Transfer Status
  - ▶ How Much Assistance Does The Client Need?
  - ▶ Can You Provide That Level Of Assistance?
- ▶ Consider Equipment Needed
  - ▶ Do You Need A Mechanical Lift?
  - ▶ Raised Toilet Seat?
- ▶ See The Home Equipment Presentation:
  - ▶ <https://www.simplyhs.ca/presentations/home-safety-devices-how-can-they-help>



# Discovering Triggers

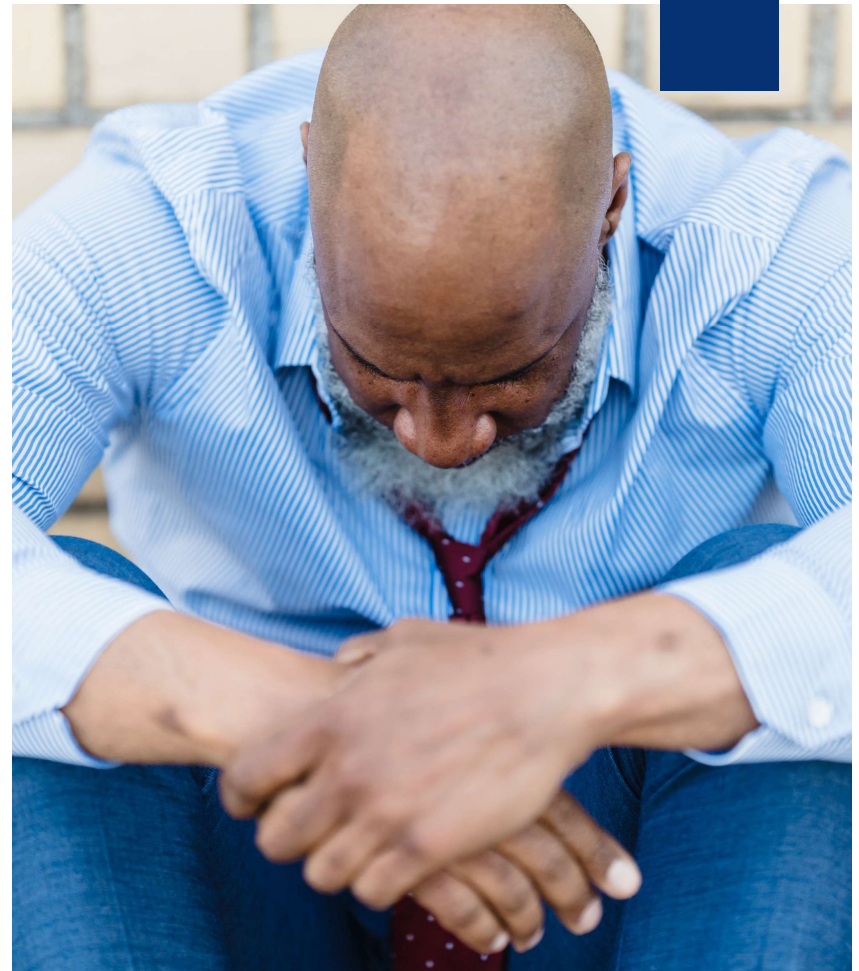
- ▶ Aggressive Behaviors Are Often A Way Of Communication
- ▶ Consider Timing:
  - ▶ Was This A One-time Event Or A Long-Term Behavior?
- ▶ Consider Possible Triggers:
  - ▶ Toileting?
  - ▶ Hunger/Thirsty?
  - ▶ Toothache?

# Self Care



# Caregiver Burnout

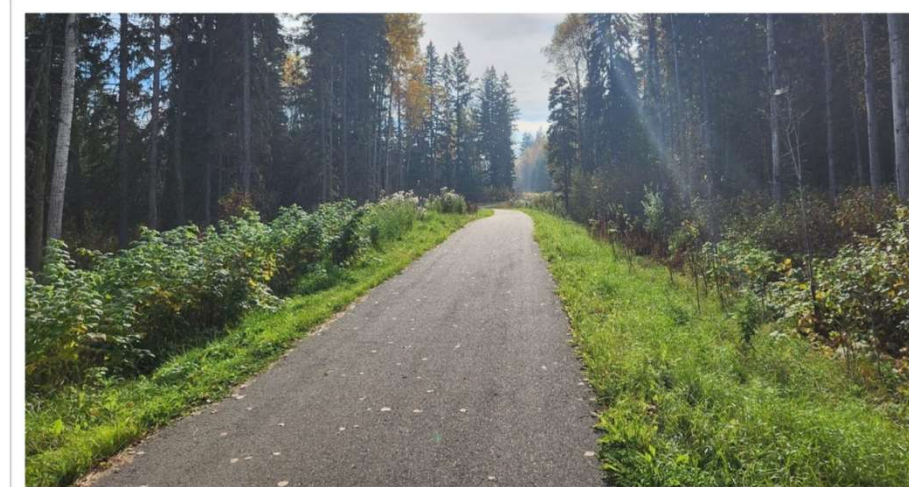
- ▶ Cause Of Stress
  - ▶ Pushing Themselves Too Hard
  - ▶ Intensive Caring For Others
  - ▶ Competing Priorities
  - ▶ Mental And Physical Demands
- ▶ Signs Of Stress
  - ▶ Fatigue, Loss Of Appetite, Headaches, Increased Blood Pressure, Increased Susceptibility To Infection
  - ▶ Feeling Helpless, Overwhelmed, Inadequate, Fragile, Vulnerable
  - ▶ Difficulty Problem Solving, Memory Blanks, Having Ambiguous Feelings





# Self Care

- ▶ Physical Health
  - ▶ 10 Minute Walk
  - ▶ Eating Well
- ▶ Mental Health
  - ▶ Define Your Boundaries
  - ▶ Discover Hobbies
- ▶ Social Support
  - ▶ Make Time For Friends
  - ▶ Join A Support Group
  - ▶ Look For Respite Options



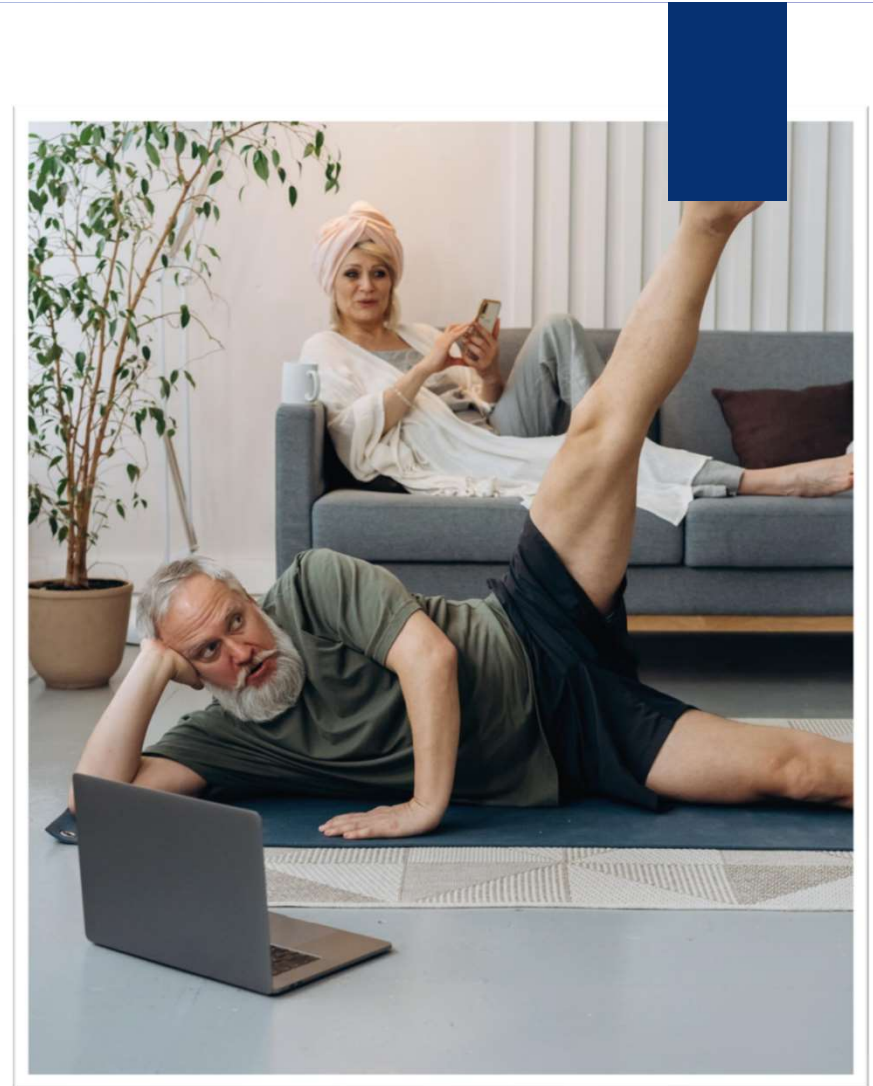
## Additional Information:



<https://www.familycaregiversbc.ca/caregiver-learning-center>

# Want Additional Support?

- ▶ Book A Virtual Appointment With Me!
  - ▶ 1 Hour One On One For Initial Session
- ▶ A Kinesiologist Can Help You Use Exercise For:
  - ▶ Chronic Diseases And Injuries
    - ▶ Arthritis
    - ▶ Low Back Pain
    - ▶ Tendonitis And Bursitis
    - ▶ Falls Prevention
  - ▶ Performance
    - ▶ Improving Health And Independence



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