

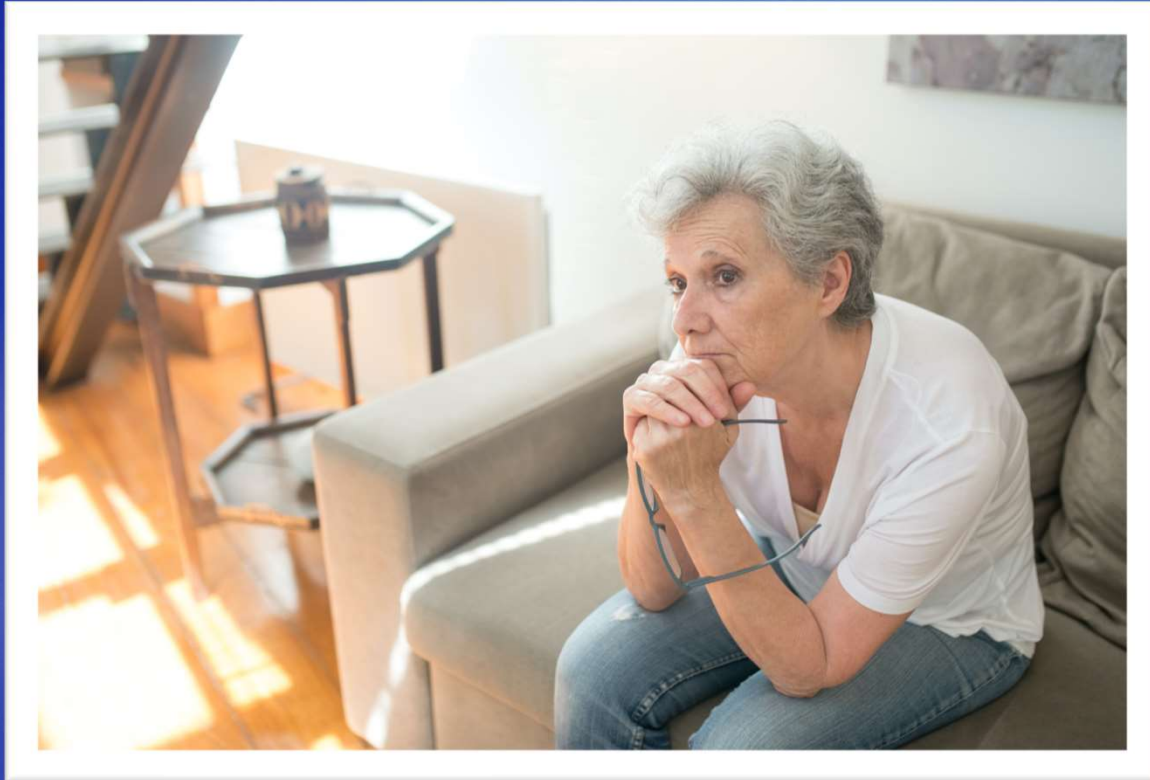


Caretaker Safety: How Can We Help Ourselves?

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

[Link Here](#)

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

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

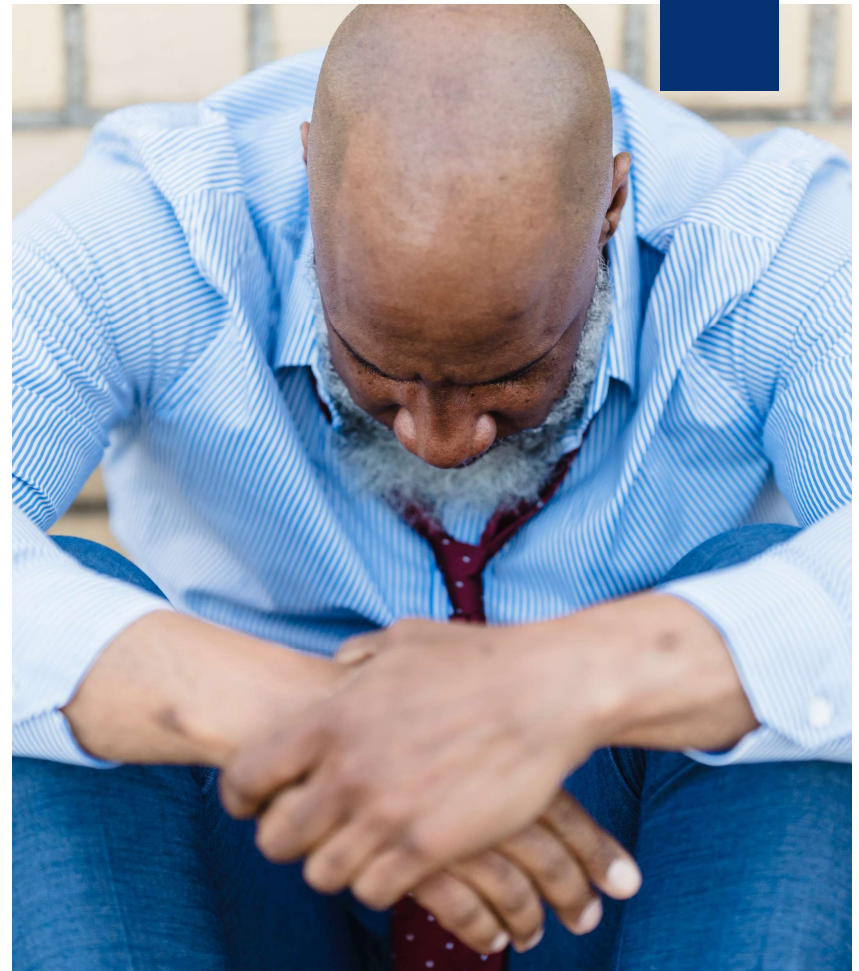
- ▶ Aggressive Behaviors Are Often A Way Of Communication
- ▶ Consider Timing:
 - ▶ Was This A One-time Event Or A Long-Term Behavior?
- ▶ Consider Possible Triggers:
 - ▶ Toileting?
 - ▶ Hunger/Thirsty?
 - ▶ Toothache?



Self Care

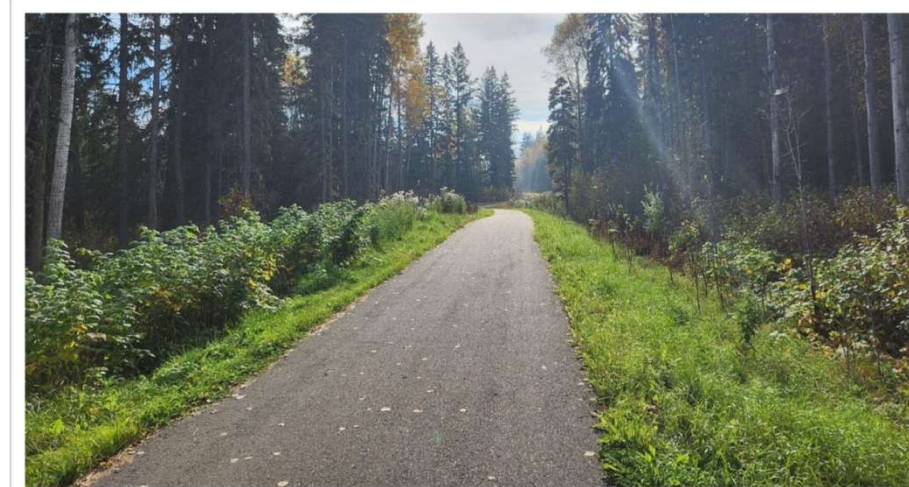
Caregiver Burnout

- ▶ 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>