

Palliative care: tips for caretakers

The sanitary team may offer guidance about:



Feeding



Hydration



Care of the skin



Mobilisation



Incontinence



Technical aids

Try to generate an environment suitable to the ailing person:



Make the environment as calm as possible.



Respect the ailing's privacy.



Promote the affective bond between the ailing and you.



Be flexible with schedules.



Respect resting times.



Respect personal preferences and habits.

Do not neglect your own health:



Lean on your family and friends.



Devote time to yourself.



Talk about the emotions implied in the process of care-taking.



Exercise to reduce stress and to increase energy.



Search for support in groups of caretakers.



If feelings are overwhelming, ask for professional help.