

Safety Tips for In Home Caregivers

Following is a simple safety checklist that can significantly improve safety against the potential dangers around the home that every elder faces.

Be aware of potential dangers from:

- ❖ Fire hazards such as stoves, other appliances, lighters and matches.
- ❖ Sharp objects such as knives, razors, and sewing needles.
- ❖ Poisons, medicines, hazardous household products.
- ❖ Loose rugs, slippery floors, furniture and cluttered pathways.
- ❖ Inadequate lighting.
- ❖ Water heater temperature - adjust setting to avoid burns from hot water.
- ❖ Car keys and spark plugs; do not allow an impaired person to drive.
- ❖ Items outside the home that may cause falls, such as hoses, tools, gates.

Be sure to consider:

- ❖ Emergency exits, locks to secure house, and, if necessary, door alarms, an identification or Life Alert bracelet or necklace and a current photo.
- ❖ Bathroom grab bars, non-skid rugs, paper cups rather than glass.
- ❖ Supervision of food and liquid consumption to ensure proper nutrition.



Many individuals and families in our congregation provide ongoing care for a loved one at home. Interested in providing an unbroken circle of congregational compassionate care and support throughout the seasons of life, we offer a variety of resources to come alongside caregivers in their journey. Please contact the Director of Shared Ministry at Karen@lcrchurch.org for further information or phone the church office at (916)791-4661.



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Congregational Care

- ❖ Trained **Lay Communion Ministers** offer communion at home or in care facilities to those unable to attend worship.
- ❖ The **Health Ministry Team** provides care through disease prevention classes, physical health education, emotional health, family health, and spiritual health programs.
- ❖ A **Telephone Ministry** provides a vital extension of pastoral care by members through confidential phone calls to persons homebound.
- ❖ **Corporate Prayers** during worship and by the **Contemplative Prayer Group** hold the concerns of our members in prayer.
- ❖ Handmade **Prayer Shawls** are given to those living in healthcare facilities, those homebound due to serious illness, or grieving loss of loved ones.
- ❖ **Priceless Purls** knit and crochet caps for cancer patients.
- ❖ **Meal Care** provides (short term) home-cooked meals to those following a hospitalization, significant loss, or during other challenging times.
- ❖ **Remember the importance of self-care** by taking time to meditate, exercise, rest and relax.

- ❖ Read *“Cruising Through Caregiving: Reducing the Stress of Caring for your Loved One”* by Jennifer Fitzpatrick.

Community Resources

- ❖ www.caregiving.com is a caregiver support website offering a multitude of helpful resources, including chat rooms and webinars for you before, during and after caregiving.
- ❖ **Del Oro Caregiver Resource Center** is a non-profit agency serving families and individuals who provide care for brain impaired adults and frail elderly. www.deloro.org Office: 916.728.9333.
- ❖ **Seniors First** is a free service for seniors who reside in Placer County and for those who care for them. They will provide you with information and assistance and link you to programs and services in the community. www.seniorsfirst.org (800) 878-9222.
- ❖ Veteran long term **Ombudsman Services** are provided through www.placer.networkofcare.org/veterans/services (type “ombudsman” in the search bar) or call the office at 530.823.8422.
- ❖ Read **A Spirituality of Caregiving** by Henri Nouwen.

Our Mission

*Growing Disciples
by
Sharing God’s Love*



“Therefore encourage one another and build one another up, just as you are doing.”

- 1 Thessalonians 5:11