

Impressions

MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

Caregiver Tips for Preparing for Unexpected Changes

In her article, “**Elder Care Needs Can Change in an Instant,**” columnist and eldercare consultant [Carol Bradley Bursack](#) provides important insights into the challenges of caregivers and how planning ahead is vital to that role. She suggests the following “to do” list to help you reduce the stress and challenges that often accompany unforeseen events:

A Checklist to Prepare for Your Loved One’s Changing Needs

Having a specific plan already in place can help you to cope with the variety of unforeseen events that can occur “out of the blue.” Ms. Bursack suggests the following “to do” list to help you prepare for potential challenges ahead:

- **Establish Power of Attorney** – Work with your loved one to make sure that you – as the primary caregiver – have the [Power Of Attorney](#) for their health care, which is often called their “advanced directives.” Be sure that their doctor and their hospital have a copy of this document. With it, you can make the decisions necessary to continue caring for them if they cannot speak for themselves.
- **Develop a Plan for Future Care** – Plan ahead with your loved one about their preferences in case a life-changing emergency should occur. Never promise not to “put them in a nursing home.” Just tell them that you want to know their preferences for care under different scenarios and that you will make the best decisions for their health and safety, based on the circumstances at the time.
- **Arrange for a Personal Emergency System** – If your loved one lives on their own, even if there are two of them, provide for a personal alarm – or some type of monitoring system – so that they can summon help if they are not able to use the phone.
- **Create a List of Vital Information** – Help them make a list of important information in case of an emergency. The list should include emergency phone numbers, medications, allergies and known illnesses. Keep this in a visible location, such as on the refrigerator, for emergency personnel to locate easily.
- **Keep Their Insurance Information Handy** – Keep copies of their Medicare and other insurance cards in their wallets, but keep the originals with you. In this way, you can do the paperwork in the emergency room while medical personnel are assisting them.
- **Identify a Backup Caregiver** – Have a dependable replacement in mind that can help with your loved one if you become unavailable for any reason. This will benefit both you and your loved one. With your backup person’s support, you might even be able to take a few well-deserved days off from the stress of being constantly on call.

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Loved ones with Alzheimer's disease or other memory impairments require [specialized care](#) and support. They also deserve a lifestyle rich in dignity and fulfillment. Our brand-new **Impressions Memory Care at Bryn Mawr** community provides residents with *Engaging Days* and *Meaningful Moments* that [emphasize individual abilities](#), encourage [socialization](#) and promote the highest level of [independence](#) possible. We offer a complete continuum of leading-edge [programs, services and amenities](#) that address the total physical, emotional and social needs of residents in a caring setting that offers [individual suites](#) with large private baths and the comforts of home. Our community touches hearts and changes lives.

If, and when, the time comes to seek additional help, place your trust in **Impressions Memory Care at Bryn Mawr**. We lift the stresses and worries of being a caregiver from your shoulders, enabling you and your family to enjoy time with your loved one again. For more information, please call **Sharon** at **(484) 380-5404**, or [contact us](#) online.