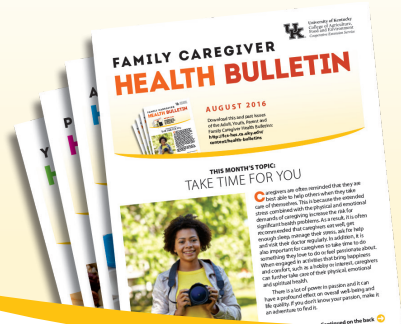


FAMILY CAREGIVER HEALTH BULLETIN



FEBRUARY 2018

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: NATIONAL CAREGIVERS DAY



The third Friday in February is National Caregivers Day. This day honors the healthcare professionals who dedicate themselves to taking care of others. Caregivers are important because they are professionals who deliver compassionate care and services that range from personal to medical and professional services.

A good caregiver is an important healthcare resource.

Professional caregivers are:

- Good listeners
- Reliable
- Honest about fees and services
- Solve problems/address concerns
- Seek ongoing training to be better caregivers
- Comfortable with personal care needs and hygiene

Continued on the back →



National Caregivers Day honors the healthcare professionals who dedicate themselves to taking care of others.



→ Continued from page 1

- Provide consistent communication
- Supportive
- Administer and/or manage medications and side effects
- Report problems
- Help decide if care and treatment is working
- Respectful
- Take care of day-to-day tasks
- Maintain a person's dignity, safety and independence

To show appreciation for a professional caregiver and honor what they do, go out of your way to say thank you. Use **#NationalCaregiversDay** to post a shout-out on social media. Letters and words speak loudly and can be written or shared directly to a caregiver and/or a supervisor. Small gifts are often appreciated, such as flowers or a gift card of some kind. Donations can be made in their name to organizations of choice.

You can remind professional caregivers that they need to take time for themselves too.

However you decide to honor the caregivers in your life, let National Caregivers Day be a reminder to thank those who help your loved one.

REFERENCES:

- American Cancer Society. (2017). What is a cancer caregiver? Retrieved 12/13/17 from <https://www.cancer.org/treatment/caregivers/what-a-caregiver-does/who-and-what-are-caregivers.html>
- Caring Village (2017). 7 ways to thank a family caregiver. Retrieved 12/13/17 from <https://www.caringvillage.com/2017/11/06/7-ways-thank-caregiver>
- Homecare of the Rockies. (2017). 7 Things you should expect from a professional elderly caregiver. Retrieved 12/13/17 from <https://www.homecareoftherockies.com/resources/home-care-services/7-things-you-should-expect-from-a-professional-caregiver>
- National Day Calendar. (2017). National Caregivers Day. Retrieved 12/13/17 from <https://nationaldaycalendar.com/national-caregivers-day-third-friday-in-february>

**FAMILY CAREGIVER
HEALTH BULLETIN**

Written by: Amy F. Kostelic, Ph.D.
Edited by: Connee Wheeler
Designed by: Rusty Manseau
Stock images: 123RF.com

