



Helpful Resources

If your care receiver has fallen, with no injuries, has taken no hit to the head, no torn skin, but simply slipped out of bed or out of the chair and you can't lift them, then: Call the **Non-Emergency 9-1-1** operator and explain the assistance required a call for help to get your loved one off the floor.

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Appointment Calendar to keep track of all the appointments your care receiver has. These would include doctor, dental, hair, etc. Keeping all the various standing appointments on the same calendar will help you choose a good date for the next appointment while at the doctor's office and avoid the hassle of canceling and rescheduling.

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Medication Planner to make sure medications are taken as prescribed at the appropriate time of day. These are available at any pharmacy or online retailer and come in a variety of ways. You can choose from daily, to morning/evening, or even multiple times per day. Select the one that best fits your needs.

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Timers may be useful in maintaining medication schedules. These are readily available, egg timers, kitchen timers, oven or microwave timers, alarm clocks, cell phones, smart watches, etc.

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Headphones for listening to television for care receivers who have hearing impairment will allow the family to view television together in a manner that will allow all to hear the audio, without being blasted out of your chair!

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MP3 players and headphones or ear buds can be used to calm or soothe a care receiver when their favorite genre of music has been downloaded to the mp3 player. This can be especially helpful for dementia sufferers during the sundowning phase of the day.

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Fidget spinners (available in retail and online retail outlets), **fidget blankets** (usually custom-made with a theme), **fidget wrist bands** (usually custom-made with a theme) may be useful in occupying or re-directing the attention of your care receiver. Close supervision is recommended, especially if there are moving parts. See photos of samples of these items on the [www.http://AccidentalCarePartners.com](http://AccidentalCarePartners.com) website.

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Weighted blankets may be useful in calming or soothing a care receiver. These may be purchased at retail and online retail outlets.