



PEACE OF MIND FOR *adult children*

Our Lady of Peace Education Series

More than ever, older Minnesotans want to return home as quickly as possible, following a necessary hospital stay. Their adult children also want them to return home, but sometimes struggle with the aftercare, amid busy work schedules and lack of experience with necessary cares. So how do you know if you're able to care for your parent/s once they come home?

Here is a Hospital Discharge List for Family Caregivers that can help you decide:

1. I'm willing to provide personal care for my parent/family member
2. I'm willing to cook and serve daily meals, and clean up
3. I'm able to dispense medication or provide medication reminders
4. I can provide companionship, including being present for the evening meal
5. I feel confident that I am aware and prepared to provide all necessary care
6. I feel comfortable bathing and toileting my parent/family member
7. My employer will provide the flexibility for me to come and go from my job, as needed
8. I can afford to take a leave of absence from my job, if necessary
9. My siblings will be available and willing to share the responsibilities

If this list of responsibilities seems overwhelming to you, it's okay to set limits and say what you can and cannot do. As a loving and caring daughter or son, it's natural to want to be there for your parent, but the reality is that it may not be best for them to have intermittent care for 45 min to an hour, when there are needs to be met around the clock. A good way to determine if you can handle the job is to do a trial run in the hospital or Transitional Care Unit. Tell the care team you want to be responsible for all cares for a period of a few hours to see if you can do it.

Our Lady of Peace Hospice and Home Health Care programs have a long history of making house calls to meet the needs of clients, while providing support and respite to adult children who are caring for aging parents. We provide health care, and also hospice for terminally ill patients, with additional support and respite for families.

Adult children often struggle to meet a parent's medical needs, keep them safe, and keep themselves healthy in the process. They are relieved in many ways, once they invite professional care providers into the home. They also benefit from the spiritual care our chaplains provide for patients and families, as they recover or their terminal disease progresses. Their care can be encouraging, comforting, and bring a sense of peace.

COLLABORATION

It's essential to collaborate with the people who provide care and support every day, from family members to assisted living and skilled nursing staff to physicians. And, to better serve those with dementia, our Hospice and Home Health Care staff has completed the Dementia Basics & Advanced Care Training through the Alzheimer's Association.

A TEAM APPROACH

Our Hospice and Home Health Care programs provide post-op care, medical support, and end-of-life care. Due to our affiliation with our residential hospice, we are able to draw on many of the same coordinated resources. This allows us to provide a more seamless care experience for our community hospice patients and their loved ones—enhancing quality of life during the final weeks or days within our hospice program.

If you're doing your best to care for your mom/dad after surgery or are struggling to manage end-of-life care, you don't need to go it alone. We will use our expertise to keep them safe and comfortable, freeing up your time to simply love them.



We're here for you.

We are passionate about community outreach.
We would love to meet you and discuss how
Our Lady of Peace can be a resource for you.

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