



Motto- “Balance a person’s independence with the right amount of caregiver support”

1. Work together to set up personal rules. Use the “Healthy Habits” worksheet.
2. Practice using the rules. You may need to practice often to help the person really learn their rules.
3. How good is the person’s memory? You might want to use reminders. Consider using smartphone alarms or paper reminders.
4. It may be your job to watch over and know if the rules are being followed. Provide encouragement and ongoing teaching along with the reminders. Try to be patient.
5. It is good for you to set an example of following health rules too. Be a role model. Talk about staying healthy.
6. Teach the person to ask for help. This is something that everyone needs sometimes. Teach that persons and caregivers can work together to watch over the person’s health needs.
7. Teach about who to talk to when there is a problem or change for a special day. Teach that private health info can be shared with your own caregivers and health care team. This is different than talking about private things with others out in public.
8. Be present to watch for and support problem solving on unusual days.

MY HEALTH GOALS

- I want to eat healthy foods and drink enough and eat the right amounts every day.
- I want to keep my body clean (wash up regularly) and active (exercise at least 3 times a week).
- I want to take care of my body, go to the bathroom regularly.
- I want to get enough sleep to be rested every day (7-9 hours).

Some questions to teach and think about when planning for the unusual days:

- Who are the people who help you take care of your health?
- If you can’t eat on your regular schedule, how should you change what you eat?
- If you can’t get the right amount of fruits, vegetables, calcium, or protein today, what should you do differently tomorrow?
- How should you change your food and beverages if you aren’t feeling well today?
- What days do you need extra fluids? For example, how about when it is hot out, or when you do a lot of exercise, or if you have vomiting or diarrhea?
- How should you watch your urine output for amount and color? How should you watch for changes in your stool color, shape or quantity?
- What do you do if you don’t get to do your usual exercise? Or to take your usual shower or wash your hair?
- What do you do if you are off your usual sleep schedule?

