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Caregiver Tips

Articles:

[Activities of Daily Living: Tips for the Family Caregiver](#)

Abstract: These tips will help new family caregivers understand the importance of Activities of Daily Living (ADLs) in the lives of their care recipients.

[Caregiver's Checklist for Emergency Room Visits](#)

Abstract: Learn some caregiving tips to prepare for emergency room visits.

[Dementia: Tips for Daily Life](#)

Abstract: As the months and years of caregiving pass by, Alzheimer's caregivers can become exhausted and burnt out. If you're a caregiver, follow these tips to care for yourself.

[How to Hire In-Home Help](#)

Abstract: How do you go about finding appropriate in-home help, whether you are a family caregiver or a person needing assistance? Get all of the information that you need through this helpful article.

[Taking Care: A Resource Guide for Caregivers](#)

Abstract: Taking Care was created by the Virginia Caregiver Coalition (VCC). Every caregiving situation is unique. This comprehensive guide is meant to support caregivers of older adults and those with disabilities and provide resources and information to meet their specific needs.

Related Links:

- **AgingCare.com - New to Caregiving:** www.agingcare.com/topics/36/new-to-caregiving Learn the basics for your journey as a caregiver.
 - **Family Caregiver Alliance, National Center on Caregiving:** [Safe at Home - A Caregiver's Guide](#) This educational video offers caregivers of those with dementia simple, inexpensive options to make specific areas of the home (kitchen, bathroom, bedroom and more) safer.
 - **Family Caregiver Alliance, National Center on Caregiving:** www.caregiver.org This website provides information, education, services, research and advocacy for caregivers.
 - **VA Caregiver Support:** www.caregiver.va.gov This resource has been developed to provide key educational resources, tools, and training for Caregivers of Veterans.
 - **Well Spouse Association:** www.wellspouse.org This website is a peer-to-peer support organization for spousal caregivers of spouses/partners with long-term illnesses.
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Useful Tools, Gadgets and Home Modifications

Assistive Technology

Articles:

[Assistive Technology](#)

Abstract: A detailed overview of assistive technology from the Virginia Assistive Technology System (VATS).

[Augmentative and Alternative Communication](#)

Abstract: There are instances when someone cannot communicate using their voice. Learn about alternative ways to communicate and resources available to find devices.

[FAQs About Virginia Relay Service](#)

Abstract: The Virginia Relay Service is an important tool for those who are deaf, hard of hearing, blind, or vision impaired. It relays conversations between people

who use text telephones or telebraille and people who use standard phones. Discover more about this vital service.

[Reaching and Mobility Aids for Independent Living](#)

Abstract: This article describes reaching and mobility aids that assist people with mobility issues live independently.

Related Links:

- **FREE: Foundation for Rehabilitation, Equipment and Endowment:** www.free-foundation.org
- **Virginia Assistive Technology Systems (VATS):** www.vats.org
- **Virginia Assistive Technology System - Virginia Reuse Network:** www.vats.org/atrecycling.htm

Technology and Apps for Caregivers

Explore our [Caregiver Tech Tool Finder](#) for useful apps and tech to help caregivers!

Related Links:

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Home Modification

Articles:

[A Caregiver's Guide to Creating a Safe Environment](#)

Abstract: This article provides the family caregiver with room-by-room suggestions about improving home safety and home modification.

Related Links:

- **Virginia Department of Housing and Community Development:** www.dhcd.virginia.gov/lhtc The Virginia Livable Home Credit (LHT) program is designed to improve accessibility and universal visitability in Virginia's residential units by providing state tax credits for purchase of new units or the retrofitting of existing housing units. Tax credits are available for up to \$6,500 for the purchase/construction of a new accessible residence and up to 50 percent for the cost of retrofitting units, not to exceed \$6,500.
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Caregiver Fact Sheets

More Updates Coming Soon!

DARS Dementia Fact Sheets

Abstract: The **Department for Aging and Rehabilitative Services (DARS)** has developed fact sheets for caregivers providing care to a loved one with dementia or a provider supporting caregivers. They provide quick and easy-to-follow information to assist caregivers in managing challenges associated with caregiving.

- [Communication](#) [Spanish](#)
- [Getting Lost](#) [Spanish](#)
- [Hallucinations](#) [Spanish](#)
- [Home Safety](#) [Spanish](#)
- [Medications](#) [Spanish](#)
- [Repeating](#) [Spanish](#)
- [Sundowning](#) [Spanish](#)
- [Anger, Frustration & Fighting](#) [Spanish](#)
- [Bathing](#) [Spanish](#)
- [Driving](#) [Spanish](#)

To read additional dementia facts sheets and view other resources go to [Dementia Capable Virginia](#)

For more information and resources on dementia go to [DARS Dementia Services](#).

Last Reviewed

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