



Tender Hearts
 SENIOR CARE
Caregiver Newsletter



Education

“Thank You”



Website

We introduced our new website during the last Caregiver Clinic in August. This website defines who we are and the services we provide. Spend some time looking thru the site. Feel free to stop in the office if you don't have a computer. This website will also be a source of education and information for our team members, our clients or someone you know in the community concerned about health and wellbeing. Soon there will be a login page for team members and clients. Our website has links to resources in our community as well. If you have any suggested links or content you would like to see let us know.

Day to Day Care

Encourage independence. Be a helper instead of a doer. Even if you can do things faster or better, encourage them to use the skills they still have. Skills that aren't used will be lost.

Supportive care and Personal care (dressing, bathing, eating, using the toilet) is **personal**. Everybody does these activities differently. Try to use the same routines the person is used to. **Be flexible.** The person may not need a daily bath. They might prefer several small snacks rather than three larger meals everyday.

Divide tasks into smaller steps. If he can't shave on his own because his hand is unsteady, let him apply the lather and wash off with a cloth after he's shaved.

Give praise for trying. Especially when a person's abilities are limited, a sincere “well-done” is often appreciated.

“Happy Birthday”

“Clients”

“Caregivers”



William V 9/2
 Emily M 9/6
 David G 9/7
 Shirley G 9/7
 Rosalie D 9/8
 Lillian S 9/17
 Zach A 9/24
 Milo H 9/26
 Laverne S 9/29
 Susan P 9/29

Diane V 9/4
 Todd W 9/11
 Crystal D 9/13
 Maria S 9/17
 Barbara L 9/20

Please **“Welcome Back”**
to our team

Paula A

“Thank You”

for your professionalism, dedication and hard work. Dawn, Katie, Crystal and Todd

Announcements

Caregiver Clinic

Thank You to all participating in our last clinic. Our quarterly clinics are an important part of our team building. These clinics are designed to be informative and educational in understanding our team goals and how as a team we can improve the cares we provide for our clients.

Labor Day

September 5, 2011 the office will be closed for the Labor Day Holiday. Please leave all non-emergency calls for the following business day. We appreciate your cooperation with this.

Policies and Procedures



Smoking and Tobacco

Tender Hearts is committed to providing our clients care options that promote health and wellbeing. Smoking and the use of other tobacco products while providing cares for our clients is prohibited. This includes a clients residence and when transporting. Whenever you are with a client or at a clients home smoking and the use of other tobacco products is not allowed.

Breaks Rest and Meal

Caregiving is a service where a break is so much needed. Tender Hearts Senior Cares policy regarding breaks allows for 20 minutes of rest breaks for every scheduled shift lasting more than 6 hours. Providing cares as a caregiver is not anything like working in retail or manufacturing. Typically when working a longer shift it is because the client requires constant care or supervision. Thus the challenge of being able to take a rest break without leaving the client unattended or on their own. With supportive care and personal cares opportunities will arise during a shift to take a rest break. We will discuss further how to identify these opportunities.

nothing but the
“facts”

A dragonfly has a lifespan of 24 hours.

Spotted skunks do handstands before they spray.



The first toilet ever seen on television was on “Leave It To Beaver.”