

Economical...Easy-to-Use...English and Spanish Versions!
Choose only the topics your caregivers need for training and support.

The Comfort of Home[™] **Mini-Guides**

**Family Caregivers • Personal Care Assistants
In-Home Supportive Service Providers
Home Health Aides**



These **Mini-Guides**, based on the award-winning book *The Comfort of Home*[™]: An Illustrated Step-by-Step Guide for Caregivers, will guide you every step of the way in your caregiving.

- Is Home Care For You?** – understand caregiving challenges and an explanation of housing options (18 pgs)
- Using the Health Care Team Effectively** – communicate with healthcare professionals to get the service you need (22 pgs)
- Getting In-Home Help** – how to find and screen agencies, or hire help privately (14 pgs)
- Paying for Care** – understand the public and private financial assistance available (22 pgs)
- Financial Management & Tax Planning / Planning End-of-Life Healthcare** – year-end tax strategies, Social Security benefits, Medicaid guidelines and key legal documents to ensure a person's wishes are honored (22 pgs)
- Preparing the Home** – make the home safe and comfortable for the caregiver and people with special needs (26 pgs)
- Equipment and Supplies** – know where to buy, borrow and how to pay for equipment (22 pgs)
- How to Avoid Caregiver Burnout** – deal with the emotional burdens and where to find help (10 pgs)
- Activities of Daily Living** – handle everyday activities like toileting, bathing, prevention of pressure sores—and more (42 pgs)
- Therapies** – explanations of physical, occupational and specialized therapies and range-of-motion exercises (14 pgs)
- Special Challenges** – communicating with stroke patients; AIDS and the older adult; depression; pain management; transportation and travel (26 pgs)
- Diet and Nutrition** – proper nutrition; therapeutic diets; dehydration prevention; careful food preparation (10 pgs)
- Emergencies** – learn the latest American Heart Association CPR standards; emergency procedures and prevention tips; when to call an ambulance (22 pgs)
- Body Mechanics—Positioning, Moving, and Transfers** – prevent back injuries; correct moving and positioning (22 pgs)
- Dementia and Alzheimer's Disease** – understand Alzheimer's; tips on relieving boredom; improving communication; dealing with agitation, hallucinations, sundown syndrome and wandering (22 pgs)
- Hospice Care** – how to prepare for and pay for hospice care; questions to ask when choosing a program (10 pgs)
- Funeral Arrangements & the Grieving Process** – funeral details to be addressed; financial considerations; information needed after death (18 pgs)

Visit www.comfortofhome.com to “look inside” the Mini-Guides