

# Helping Your Caregiver Help You

## Making the Caregiving Experience Positive

Whether it is a family member, spouse, or a team member in your senior living community, it is normal to experience a multitude of feelings about receiving care from someone. How you handle these emotions, however, can make all the difference in the experience for both you and your caregiver.

Understanding your emotions can assist your caregiver in providing better care, and make the experience more positive for everyone involved. **Oaks Senior Living** created this guide to share examples of how you might be handling situations and the changes you should make to improve the caregiving experience.

<i>WHAT YOU ACTUALLY DO</i>	<i>WHAT YOU SHOULD DO</i>
Expect tasks to be done a specific way and get frustrated when your caregiver does it differently.	Express to your caregiver how you would like a specific task done in a calm manner.
Refrain from daily activities that you are able to do because your caregiver will do them eventually.	Take control of your independence. Stay active and complete the daily tasks that you can do, allowing your caregiver to put more focus on assisting you with activities you need help with.
Neglect your overall health and wellness.	Take charge of your personal health. Eat nutritious, healthy foods and participate in physical activity if possible.
Get frustrated when your day is planned out for you, feeling like you have lost control over your life.	Communicate with your caregiver. Make him or her aware of tasks and activities that you want to do and work with them to plan out your days.
Resist change, stubbornly sticking to your habits.	Understand that change is a part of life. Talk to your caregiver about your preferences and work with him or her to find compromises.
Let your caregiver's efforts go unacknowledged.	Show appreciation and gratefulness for your caregiver's hard work. A simple, "thank you" can make all the difference.

The importance of maintaining independence is something that Oaks Senior Living understands well. Throughout our communities, we encourage individuals to lead a lifestyle as independent as possible, with caregivers providing support and assistance as needed. [Contact us for more information](#) on the levels of care that we provide.

