

NEWSLETTER

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ISSUES #3

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Welcome to Our
Monthly Insight!

HOW TO BE THE BEST CAREGIVER YOU CAN BE

Many of us know an older person living with a serious illness or ongoing health problem. In fact, half of all adult Americans have at least one chronic condition for which they rely on help from caregivers, family members, or friends. Being a caregiver is no small task, and if you're wondering how you can show up and offer meaningful support, here are some practical tips to help you become the best "care coach" or "care champion" you can be.

1. BUILD CONFIDENCE

Supporting someone through treatment or recovery begins with helping them believe they can get through it. Be their cheerleader, reminding them that as tough as treatment or rehabilitation may seem, the benefits are worth the effort. Your confidence in their ability can inspire their own.

2. Start with Small Steps

Encourage progress one small step at a time

For instance:

If someone undergoing chemotherapy struggles with nausea or loss of appetite, suggest taking just a few sips of water or soup to stay hydrated.



3. PROVIDE REPEATED ENCOURAGEMENT

Positive reinforcement works wonders. Even when the effort seems too much, gently remind them of their capabilities:

- "You took a few steps yesterday. I know you can do it again today."

4. REMEMBER THEIR SUCCESSES

When progress feels slow, remind them of past successes. Even small achievements deserve recognition:

- "You were able to sit up for a while yesterday—that was a big step forward."



NELIA LADLAD
Founder and CEO

Ms. Nelia Ladlad is a distinguished entrepreneur and the founder of Ace Home Care Inc., a leading provider of Home Care Services. With over 20 years of expertise in homecare management and ownership, Ms. Ladlad is deeply committed to enhancing the quality of care for patients, especially those in underserved and remote communities.

Her passion for innovation and patient-centered care drives her work, ensuring that individuals receive the support they need to live healthier and more fulfilling lives. Ms. Ladlad also serves as the content writer and contributor for this newsletter, sharing her valuable insights and expertise in the field.

5. EXERCISE COMPASSION

Sometimes the most meaningful support is simply being there. For example:

- Sit and chat with someone during a chemotherapy session to help distract them. Compassionate, non-judgmental presence often speaks louder than words.

6. AVOID USELESS GESTURES

Phrases like “Let me know if you need anything” can unintentionally add stress. Many people hesitate to ask for help when they need it most. Instead, take the initiative with practical offers:

- “I’ll bring dinner over tomorrow evening.”

7. DON’T HESITATE TO ACT

Never be afraid to reach out. Whether it’s a call, an email, or a heartfelt card, small gestures can make a huge difference. If you’ve heard about someone’s illness, don’t avoid connecting because of fear of intruding—your support may be exactly what they need.

Remember: You’ll know from their response if it helps. Social support is vital for confidence and emotional strength during treatment or recovery.

8. OFFER WORDS OF ENCOURAGEMENT

Reflect on what has helped you through tough times—a favorite quote, a book, or words of wisdom—and share it. You can also offer practical strategies for resilience:

- “This quote helped me when I faced a challenge...”

Your encouragement may give them a fresh perspective or hope.



9. CHECK IN OFTEN TO SHOW YOU CARE

Staying connected matters. Learn about their illness and the treatment schedule, and check in during difficult times. For example:

- For cancer treatment, symptoms may peak a day or two after the session—that’s a great time to call or visit.

10. TAKE CARE OF YOURSELF

Being a caregiver can be physically and emotionally draining. Remember:

- Set limits to avoid burnout.
- Do things that keep you happy and healthy.
- Know that you can’t give your best support unless you care for yourself first.

Self-care isn’t selfish—it’s essential for both you and the person you’re helping.

BE A CAREGIVER OR FIND A CAREGIVER TODAY!

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