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Spring Cleaning: How to Refresh Your Caregiving Routine

For many families, spring is a time to shake off the winter blues, deep clean their homes and focus on getting organized. Decluttering your physical environment can help you focus, minimize stress and be more productive. The same can be said for family caregivers' care plans.

It's human tendency to get stuck in our ways as we meet life's demands, and caregiving is no exception. As time passes and circumstances change, the routines we have fallen into could often use some refreshing. With spring upon us, now is a good time to take an objective look at our care plans to see if there are any aspects in need of improvement. Use the pro/con approach below to see if you can make adjustments that will enhance your quality of life and that of your loved one.

Evaluate Your Care Plan

The first step is to make a pro/con list for your care plan, identifying its strengths and weaknesses. This step can help you assess your strategy for reaching any goal, from budgeting to weight loss. I've provided the following template which contains examples for a hypothetical caregiver I'll call Ann. If you're up for a little self-reflection, Ann's list could help inspire you to refresh your caregiving routine and jump start your own self-improvement.

Strengths of My Caregiving Routine

I found a wonderful assisted living facility (ALF) for Mom near my home, which has allowed me to enjoy more time with other family members and my friends. It took a while, but Mom adjusted to her new life and now enjoys her own friends and the activities the facility provides.

Mom also feels very safe, which is important to both of us. Knowing she has professional caregivers around allows me to relax while I'm at work and not worry so much.

I've developed a good system for shopping for Mom's needs that integrates with my other errands. This has saved me a lot of time.

Weaknesses of My Caregiving Routine

I keep correcting Mom when we are talking. I'm told that, because of her Alzheimer's, arguing is counterproductive and I should agree with her statements no matter how outlandish they seem. Of course, there are exceptions, but those times are rare.

I'm angry with my brother because he won't travel to see Mom. Sometimes she doesn't recognize him and forgets he's even been there, but I feel that he should visit anyway.



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I've been so happy Mom is content that I haven't followed her doctor's advice. He says I should use this time to learn about the stages of Alzheimer's and that I should research possible changes in her care needs...

[Read more about how we can take advantage of spring to refresh our caregiving routines:](#)

Helpful Tools:

Stay connected with Memoryboard: Designed by caregivers. Memoryboard helps families share reminders, messages, updates, and photos on an easy-to-use screen designed for people with dementia. Peace of mind for families, independence for loved ones.

Leslie Kernisan, MD, MPH, has opened up support! [View two free caregiving webinars](#) that can help you help your older parents (and yourself).

Discover the Difference. EGOSAN: The premium incontinence brand caregivers love: They save work! [Now Available on Amazon.](#)

[Minding Our Elders: Caregivers Share Their Personal Stories:](#) "...This book is for all of us; let it help you cope! Thank you to the author and everyone she spoke with!" ...Dolores