

FAMILY CAREGIVING HOW-TO VIDEOS FREE FROM AARP



How-to video tutorials for medical or nursing caregiving tasks

While caring for an older adult at home, caregivers often have to learn medical or nursing tasks on their own. This is because most families don't get proper training for the care that serious health conditions require.

To support caregivers, AARP has created dozens of helpful caregiving how-to videos and printable resource guides, all available for free on their website.

We highlight top videos in 8 categories covering major caregiving topics including special diets, managing incontinence, wound care, mobility, and managing medications.

are also available in Spanish, Chinese, Korean, and Vietnamese.

dozens of helpful, free how-to videos from AARP

[this page](#) on the AARP website to see all the available videos and resource guides, keep scrolling down the page to see additional languages offered.

Many videos
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Here, we highlight two videos from each category to show some of the useful topics that are covered.

Incontinence

- [How to Talk With Someone About Incontinence](#)
- [Managing Incontinence: Difficulty Getting Out of Bed](#)

Mobility

- [Getting from a Car to a Wheelchair](#)
- [Moving from a Walker to Shower or Bed](#)

Pain Management

- [Pain Management for Caregivers: How to Assess Pain](#)
- [Lower-Risk Treatments for Managing Pain](#)

Special Diets

- [Managing Low Appetite](#)
- [Helping to Feed Persons with Dementia](#)

Managing Medications

- [Organizing and Administering Pills](#)
- [Dealing with Dementia-Related Resistance](#)

Operating Specialized Medical Equipment

- [Using Oxygen](#)
- [Home Infusion Troubleshooting](#)

Preparing for a Hospital Stay

- [What to Know Before You Go](#)
- [Planning for Discharge and Next Steps](#)

Wound Care

- [Pressure Ulcers: Prevention and Skin Care](#)
- [Diabetic Foot Care: Treatment and Prevention](#)

Free printable how-to guides are also available

In addition to the dozens of helpful caregiving how-to videos, AARP has also created dozens of helpful printable Resource Guides. Most contain information similar to what's covered in their videos, but the guides present them in a concise, easily printable format.

Next Step > [Get free, helpful caregiver how-to videos and printable resource guides at AARP](#)

Recommended for you:

- [7 Tips to Get Someone with Dementia to Shower](#)
- [This Guide Helps You Make a Caregiving Plan in 5 Steps](#)
- [12 Top Books for Caregiver Advice and Support](#)