

CARING FOR YOUR LOVED ONE AT HOME

Caring for your loved one at home is special and can be challenging.

Therefore, preparation is key in setting up a comfortable and safe environment. It's important to know that there are various items that your loved one may need while being cared for in a home setting that are not covered by Medicare and, therefore, not provided by Hospice. This list was created with the support from families we have worked with and the staff providing their care. Please note that this list is not comprehensive and should be discussed with your admission nurse and the care team to assess for any other items that may be recommended.

ITEMS TO CONSIDER:

- **Baby monitor/small camera:** to help monitor your loved one while you are sleeping or out of the room.
- **Distilled water:** for those who are on oxygen.
- **Extra pillows:** to help support your loved one while they are in bed. Staff recommend having 5.
- **Extra trash can/bags:** best to have nearby as bedbound patients often use a lot of disposable underpads/diapers.
- **Grabber/reach extender:** used to aid one's reach and pick up items and recommended for those who are alert and strong enough to use their arms.
- **Hospital bed sheet(s):** not all hospital beds are designed for sheets, but most often, they are. A standard hospital bed will require twin XL sheets.
- **Notebook:** a handy tool to help visiting staff communicate changes to family and a great place for family to jot down questions as they arise.
- **Pajamas/loose clothing:** for comfort and adds ease for changing and providing care. May consider utilizing a large, soft t-shirt that can be cut in the back.
- **Supply organizers/cubbies:** for organizing medical supplies, medications, etc. Purchasing a separate organizer with drawers for wound care supplies, if needed, is strongly suggested.
- **Washable underpants (chux):** to help move your loved one when needing to be changed and used for those who need help with incontinence. A flat sheet folded in half can also be used.

SOME ITEMS PROVIDED BY HOSPICE:

- **A pink basin:** used for bed baths by the visiting home health aide.
- **Briefs/diapers:** different sizes can be provided upon request.
- **Chux/disposable underpads:** used for those who need help with incontinence.
- **Dry wipes:** safe, fragrance-free product used for hygiene purposes; aids in preventing skin issues. Wet wipes also available upon request.
- **Gloves:** different sizes can be provided upon request.
- **No Rinse Soap:** a ready-to-use bathing solution that provides a convenient alternative to traditional bathing.
- **Toothettes/mouth swabs:** help keep your loved one's mouth clean and comfortable.

