

"A truly practical book. From my experience, *Dementia Home Care* is incredibly thoughtful and very well done."

BARRY PETERSEN, CBS NEWS CORRESPONDENT, AUTHOR OF BESTSELLING *JAN'S STORY*

Dementia HOME CARE

How to Prepare
Before, During, and After

Sample Caregiver Guide for Family and Friends



TRACY CRAM PERKINS

Sample Caregiver Guide for Family and Friends

Here is an example of an instruction guide for family members and friends who may take care of your loved one to give you respite.

A Beginner's Usage Guide

This is for example purposes only. Your needs and directions will be different. This does not take the place of medical advice. If you don't know how to use a medical device supplied to your loved one, then talk with a qualified healthcare provider.



Eldon's Diabetes Travel Kit

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Updated May 31, 2012

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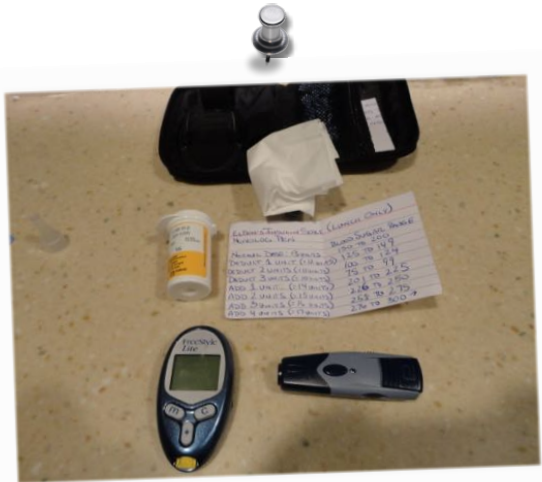


The Kit

The travel Diabetes kit contains: An insulin pen, cap needles, meter, test strips, lancet pen, lancets, insulin scale notecard, Kleenex, Nitrile Exam gloves (not shown) and a waste bag.

A cap needle will already be installed on the insulin pen, however, in case a needle breaks, refer to page 8 for instructions on its installation. Eldon regularly bends needles, unless the needle breaks, he should receive the full dose of insulin. He usually pulls the needle out before all of the insulin is fully injected, so insulin will drip or squirt from the pen. Make sure it does not get onto your food or beverages.

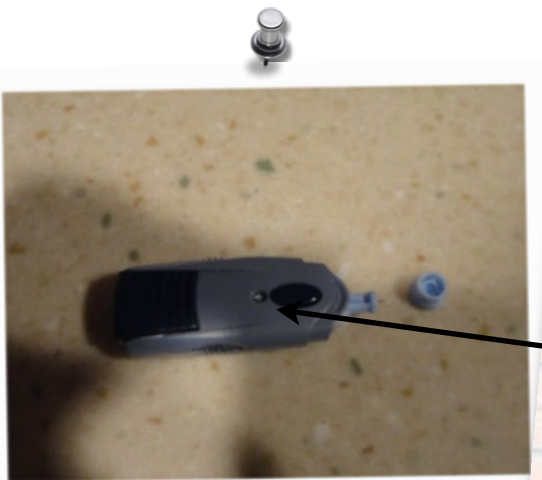
Using the Equipment



Remove the meter from the case.
Verify a lancet is in the lancet pen.
Pull out the insulin card for that meal.



Remove a test strip from the container. Place the test strip in the meter in the direction indicated in the picture.



Put a lancet in the lancet pen if one is not already installed. Give Eldon the lancet. He may not remember which end to use. Also make sure the number 4 is visible in the window, otherwise it will not pierce his skin.

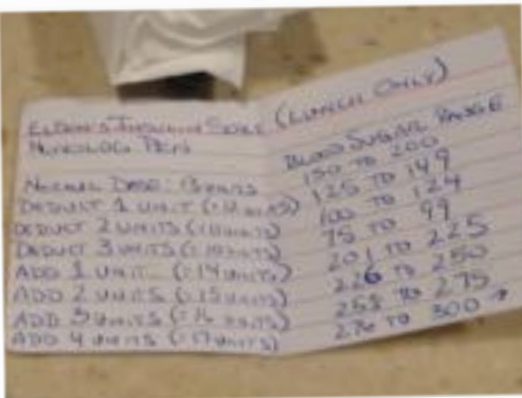
Testing the Blood Sugar



Touch the test strip to the blood droplet as shown in the picture. The alarm will sound when it has taken the blood. Give Eldon a clean tissue.



Within four seconds the blood glucose will be displayed in the window. Use the dirty tissue to remove the test strip from the meter and put it in the waste bag.



Look up the blood glucose number on the note card. In this example 135. The correct units of insulin for lunch is 12.

Administering the Insulin



Twist the knob on the end of the insulin pen and dial it to the correct number of units.



Remove the blue protective cap from the needle and give to Eldon for injection. Make sure he injects the full dosage.

Put used cap needle in Waste bag.



Remove lancet from lancet pen and put the cap on the end. Put into Waste bag.

Other Items in the Kit



There are three Quaker Bars in the outside pouch. He will need a snack at 10:30 and 3 p.m.



He tends to have low blood sugar in the afternoon. You may need to test his blood sugar. If it is 70 mg/dl or below give him an Ensure. He cannot tell if he is having low blood sugar and will tell you his is okay, even if he isn't.



Nitrile Exam Gloves (latex-free) prevents exposure to blood borne pathogens. (Icky stuff.)



Step 1:

Remove outer cap to expose needle. See page 5 for additional instructions.



Step 2:

If no needle cap. Remove sterile needle cap from ziplock baggy.



Step 3:

Remove paper tab from cap. Screw needle cap onto pen.



How the kit should look

If you are missing any items, please notify (your name here) at PH: XXX-XXX-XXXX.