



Family/Friend/Caregiver Tips

- We all know what it's like to be sick and recovering from something. You want to be comfortable and feel safe with people caring for you. So be sure that someone you trust, like a family member or friend, or someone you hire, can help. We've asked many family members, friends, caregivers and patients for their input based on their experiences with people recovering from surgeries and procedures, and we've put them here on **Hive80.com**
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- **Family, friends, caregivers need to be there with you to help with medications, personal needs, etc.** Whoever is helping you, don't be afraid to ask if they can care for your particular needs - it may be wound care, tracking and giving medications, following a schedule to give food and drink, driving to follow up appointments, picking up medications and supplies.
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- **Be sure your family/caregiver knows what medications you're on and when they are low** and need to be refilled and reaches out to your physician or pharmacy 24-48 hours ahead of time. This will help ease patient anxiety! Here's a simple Medication Log to help you and your caregiver track your medications. <https://hive80.com/free-downloads/>
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- **Medical supplies can be gone through quickly**, so family/caregivers should know what medical supplies you need, and when to restock them, around 24-48 hours ahead of time. Whether it's band-aids, gauze, tape, or a special shampoo, you don't want to run out and feel anxious.
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- **Nutrition is so important during recovery!** Your family/caretakers should know your nutritional needs during your recovery. Whether having only a clear liquid or soft foods diet is on the menu – be sure they know this, and can help with preparing them and giving them to you. Also, knowing when you're low on foods and nutritional items, is important so they can be restocked.
- ***Note, if you require a feeding tube, or IV, special nursing care may be needed.**
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- **If you need to hire someone to help, it's nice if your caregiver speaks your language**, so ask if they do. It can be helpful to you to have someone you can communicate with easily, and who you get along with.
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- **It's also great to have a consistent person caring for you** who knows you and can anticipate what you might need. If not a family member or friend, and you hire someone to help, ask if they'll be able to send someone you like consistently. It lessens anxiety when you feel more comfortable and don't have to repeat yourself over and over again frequently to someone new.
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- **It's nice to have phone numbers on hand of those caring for you** – family, friend, or caregivers. This can ease your concerns of getting help in urgent and emergency situations.

- **Be sure someone is there who's comfortable helping you use the bathroom**, helping you shower, can clean up accidents, etc.. This can be very personal so be sure you feel comfortable and don't be embarrassed! We're all human and have dignity, and caregivers understand.
- **If you need something, speak up so you can get the help and recovery you need!** We've all been through this before in one way or another! We want to be an advocate for patients and their families, so please give us feedback on these forms at <https://hive80.com/free-downloads/> and we also greatly appreciate feedback on our site at hive80.com.