

## **Personal Care Tips for Male Caregivers 10 quick Tips**

In the past, the role of care giving has fallen to women. Now more men than ever are helping an ill loved one with day to day tasks such as dressing, toileting, bathing, eating, changing dressings, and managing medications. These are some challenging tasks for men, particularly when it comes to providing intimate care such as bathing and dressing a wife or mother. The following are tips for the male caregiver in providing the necessary daily care for their lived lone.

1. Be flexible- adapt to the patient's preference
2. Help the person stay as independent as possible
3. Guide by using easy, step- by- step directions
4. Speak in short and simple words
5. Avoid rushing the person through a task
6. Encourage, reassure, and praise the person
7. Watch for unspoken communication
8. Experiment with new approaches
9. Consider using different types of products such as large grip toothbrushes or bathing chairs
10. Be patient, understanding and sensitive