

## Role of Caregiver

### As Caregivers- You can ensure safe medical care of your loved ones

At some point or other we have stepped into taking care of our family and friends by playing the role as a Caregiver. The caregivers play a very significant and important role which can, sometimes be challenging and even exhausting. However the benefits are immense to the patient as you act as a bridge with the health care provider.

A Caregiver can support the patient by:

1. **Care coordination in** arranging medical appointments, tests, procedures, managing the patient's healthcare schedule, ensuring prescriptions and follow-up appointments.
2. **Acting as an advocate** by ensuring effective communication between the patient and health care provider. They help the patient understand medical information, ask questions and make informed decisions.
3. **Regular monitoring and observation of** the patient's condition, noting any changes or side effects of treatment, communicating these to ensure timely intervention and adjustments.
4. **Providing personal care** like bathing, grooming, dressing, and diet administration. They also assist with mobility medication management, handling of medical devices, help prevent falls and avoid infection.
5. **Giving emotional comfort** by listening with empathy. Their companionship helps reduce stress, anxiety and feelings of isolation that arise during treatment.
6. **As a Caregiver take care of yourself-** Caring for someone can be extremely demanding, stressful, and time-consuming. Ensure you take care of yourself by eating on schedule, exercising, sleeping, and resting. Recharge your energy by doing alternative activities and accommodate your own schedule whenever possible.

Find best practices on patient care in our Health Library.

#### To know more:

- [Roles and responsibility of Caregiver and Family](#)
- [Role of a caregiver](#)

#### Your Health, Your Responsibility