

# Helping a Loved One?

How to be their  
**best advocate.**



**LifeWorks** Rehab<sup>®</sup>



# Supporting Your Loved One and Their Recovery

Often after a sudden illness, accident, or surgery, a patient may not have the capacity to determine the best recovery options for themselves. It's very common that children, siblings, or other family members have to step in and help decide what's in their loved one's best interest. It's a situation that requires patience and care, but you'll have the reward of knowing that you've been there for your loved one when they need you the very most. If you're faced with the challenge of helping care for a loved one, here are some things to consider.

## FIRST STEPS: TALK WITH YOUR LOVED ONE

Simply getting the conversation started is often one of the most difficult aspects of helping care for a family member or loved one. The key to healthy communication about recovery options is openness and honesty. Make sure to listen to and be understanding about your loved one's concerns and wishes, while helping them be realistic about options.

Some things to consider when helping your loved one make decisions about their recovery options or be comfortable with their recovery plan include:

- The level of therapy they will need to make a complete recovery
- What they realistically will and won't be able to do by themselves
- What level of support they will need and what level of support their family will realistically be able to provide vs. professional round-the-clock support in a center
- What is going to make them more comfortable
- What their insurance will cover

## ADDITIONAL RESOURCES

There are also a number of valuable resources for support online that can be of great assistance, including:

[www.aging-parents-and-elder-care.com](http://www.aging-parents-and-elder-care.com)  
[www.nextstepincare.org](http://www.nextstepincare.org)  
[www.agis.com](http://www.agis.com)



## ADVOCATE FOR YOUR LOVED ONE

One of the most valuable things you can do for a loved one who is recovering from illness, accident, or surgery is to be an advocate for their care. Once your loved one has been admitted to a facility, check in with them frequently.

Talk to nurses, doctors, and therapists to gain knowledge of how their treatment is progressing. Ask lots of questions, and be aware of every aspect of your loved one's care. The more you know, the better equipped you'll be to help.

## ASK FOR HELP WHEN YOU NEED IT

There's no question about it: helping care for a loved one during their recovery can be overwhelming. Nobody can do it all by themselves. Be sure to get the support you need, either from family members, friends, or other resources. Talk with the Director of Discharge Planning and Unit Manager of your facility—they can be a wonderful source of support and ideas.



## The LifeWorks Rehab Difference

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7-days-a-week therapy



Clinically proven therapy programs



Back home fast, strong & healthy



Unique recovery tools



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