



This Family Guide

Supporting families caring for loved ones with dementia, chronic illness, and daily care needs

My Life Abroad Organization
*Community-Based Caregiver
Education & Support*

Developed in partnership with

EZ·PZ
IN-HOME CARE



About This Guide

A Simple Guide for
Families Supporting Daily
Care & Dementia

EZ PZ In-Home Care

Helping Families Provide
Safe, Dignified Care



Welcome!

Caring for someone you love can feel overwhelming.

You may feel unsure, tired, or worried.

- You are not alone.
- This guide will help you provide safe and respectful care.

Helping with Dressing

- Let your loved one choose clothes when possible.
- Use soft, loose-fitting clothing.
- Dress the weak side first.
- Encourage independence.



Helping with Dressing

Toileting Support

- Offer bathroom breaks regularly.
- Watch for signs like restlessness.
- Keep the area safe and well-lit.
- Protect privacy at all times.



Toileting Support

Incontinence Care

- Stay calm and reassuring.
- Clean and dry skin gently.
- Change clothing promptly.
- Never shame or blame.



Incontinence Care

Skin Care

- Check skin daily.
- Keep skin clean and dry.
- Use barrier creams if needed.
- Report redness early.



Skin Care

Dementia Support

- Speak slowly and calmly.
- Use simple instructions.
- Avoid arguing.
- Provide reassurance.



Dementia Support

Caregiver Support

- Take breaks when needed.
- Ask for help.
- Your health matters too.



Caregiver Support

Daily Checklist

- Clothing clean
- Bathroom assistance
- Skin checked
- Meals provided
- Comfort ensured



Daily Care Checklist

Need Help?

- EZ PZ In-Home Care provides trained caregivers.
- We help families care for loved ones at home.
- Call us for support.



Need Help?

**Scan for Caregiver
Resources & Support**

This guide was developed by My Life Abroad Organization in partnership with EZ PZ In-Home Care to support families and caregivers in the community.

Contact

- Phone: (313) 354-2509




Need Help at Home?

EZ·PZ

IN-HOME CARE

Provides trained caregivers to support families with:

- ✓ Personal care
- ✓ Dementia support
- ✓ Companionship

CALL  248-387-3401



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