



## Tipsheet: Respectful Caregiving

- **Accept and love yourself.**  
If you feel you haven't been accepted, loved or validated sufficiently in the past, stop trying to make it happen. Find ways to accept, love and validate yourself.
- **Bring the outside world to them.**  
Seek creative ways to bring the outside world in to one who is disabled or chronically ill.
- **Continue being affectionate.**  
If you and your parent(s) are comfortable doing so, remain physically connected through hugging, kissing and a comforting pat on the shoulder.
- **Finish any unfinished business.**  
Say, "I'm sorry" and help them to say they're sorry to you.
- **Let your parent(s) know you love and respect them.**
- **Help as needed, with good humor and grace.**  
Offer your assistance without undermining their independence.
- **Maintain a sense of humor.**
- **Maintain regular contact.**  
If you live out of state, call them regularly. If you can, plan outings appropriate to their health and interests.
- **Plan together for care.**  
As long as it is reasonable to do so, be aware of their wishes and desires now, so that you can respond accordingly if you should have to make decisions for them at a later time.
- **Suggest the use of resources respectfully.**  
When you suggest available resources, do not consider this as a substitute for what you can do.
- **Remember everyone has needs and rights.**  
Seniors should have their own room with their own phone line for space and privacy.
- **Remember that they did as good a job of parenting you as they could.**

Source: FamilyMeans

Resources: [United Way 2-1-1™](#) is a free and confidential, 24-hour information/referral line that can connect you to helpful programs and resources in our community. Just dial 2-1-1 or 651-291-0211.