

going home guide for caregivers

TIPS FOR TRANSITIONING FROM THE HOSPITAL TO HOME

The transition from the hospital to the home is a milestone worth celebrating. You may feel anxious about everything you'll need to do to care for your loved one. This guide contains tips to help you ease the adjustment.



CARING FOR YOUR LOVED ONE

After your loved one leaves the hospital, the treatment team will ask you to choose a full-time caregiver for them. It can be you, a close family member, or someone you hire. This person will need to spend most of their time helping your loved one recover. Their responsibilities will include:

- Taking them to outpatient clinics daily or weekly
- Keeping track of medical appointments
- Ensuring medication is taken according to schedule
- Reporting any changes in condition to the medical team
- Watching for signs of infection or any other problems
- Making sure they eat

MAINTAINING A SAFE HOME ENVIRONMENT

Patients recovering from primary hemophagocytic lymphohistiocytosis (HLH) treatment are especially at risk of infection. They have weakened immune systems and need to be protected from illnesses. It is the caregiver's job to make sure the home is safe and sterile. This includes:

- Protecting the patient from germs
- Making sure anyone who visits is healthy and washes their hands first
- Cleaning floors
- Changing air filters and keeping windows and doors closed
- Following any other guidance from the treatment team

Doing these things will help you ensure your loved one recovers safely.

DEALING WITH STRESS

Caring for someone with primary HLH can be demanding and stressful. It's important to look out for your own emotional well-being during this time.

take time to relax

Caring for someone with primary HLH is a full-time job. That doesn't mean you shouldn't make some time for yourself. You should try to take a few short breaks every day. Here are a few ways to take your mind off caregiving:



Go for a walk



Read a book



Watch your favorite TV show



Meditate

There is also plenty of information about relaxation techniques available online. Check out the Mayo Clinic website or the National Institutes of Health website for tips.

DON'T BE AFRAID TO ACCEPT HELP

If family members or friends want to lend a hand, try to accept their help. Caregivers often think they need to handle everything by themselves, but there is no shame in leaning on others for support. Giving friends or family specific ways they can help will ease the burden for you. They will be glad to lend a hand.

Talk to your health care team if you have questions about caring for your loved one at home.

you can help your loved one recover at home

We hope the information in this guide will help you care for your loved one as they go from the hospital to home.

