

FAMILY MATTERS **STAYING CONNECTED** **IN CARE**

Tip Sheet!

For families
and caregivers

Build strong partnerships

- Share routines, preferences, and personal history.
- Communicate regularly and set clear expectations.



Preserve identity & dignity

- Share life stories, likes, dislikes, and daily habits.
- Bring meaningful personal items and important updates.

Stay connected

- Use calls, video chats, photos, and messages regularly.
- Attend care meetings and stay involved in daily life.



Navigate the system

- Learn about available supports and services early.
- Connect with others and set realistic expectations.

Advocate & get involved

- Join family councils and participate in care discussions.
- Share concerns and solutions while keeping the resident central.



Care for yourself

- Expect a mix of emotions, they are normal.
- Set boundaries & make time for, hobbies socializing, and self-care.