



PLATAFORMA CARE

Enfermagem UFRGS

Do you have an **aged relative** who had a **stroke**? Do you know if the **caregiver** is well prepared?



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(2018)
Plataforma CARE

Did you know?

Many caregivers might feel that they are not well prepared to care for aged persons at home. Because of that caregivers can make some mistakes, suffer from burden and other health problems, even leading to early hospital readmissions of the aged.

There is a scale that can measure the skills of caregivers providing care to aged people that survived a stroke (called ECPCID-AVC in Portuguese).

Thinking about the following needs, be sure of what the caregiver knows/does about...



Feeding:

- Follow the prescription.
- Stimulate the affected side.
- Evaluate and stimulate eating.
- Watch swallowing.

Medicines



- Follow the prescription.
- If using a feeding tube, correctly cleanse it.



Hygiene

- Hydrate the skin.
- Help with personal hygiene.
- Concern about privacy while using the toilette or changing diapers.
- Help and stimulate hygiene after using the toilette or changing diapers.

Clothing

- Help and stimulate changing.



Walking and posture

- Help and stimulate walking and changing positions.



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Plataforma CARE Team - 2019