



Quick Tips for Caregivers

Marion Karpinski, R.N.

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Quick Tips for Caregivers is an information-packed book that will provide you with all of the hands-on caregiving advice and instruction you will need every day. A user-friendly format allows you to find the information you want quickly and easily. **Quick Tips** is a resource you will refer to over and over whether you are new to caregiving or have provided care before. *Perfect for family or professional caregivers!* Available in English, Spanish and Chinese editions.

Quick Tips contains practical, easy-to-follow descriptions and clear illustrations on basic nursing procedures, including:

- How to position someone in bed
- How to help someone in and out of a wheelchair without hurting yourself
- How to give a bed bath
- Protecting your back
- Infection control

Plus vital information on:

- Preparation after hospital discharge
- Taking care of the caregiver
- Nutrition for health and well being
- Tips for fall-proofing your home
- Hiring in-home help

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