

Caregiver Time Saving Hacks

I hope these hacks save you some time in all the business of caregiving!

Let's be friends over on Instagram send me a DM if you have anyr time-saving tips to add to this list.

Check out my other Caregiver Resources over at:

TinaBCoaching

01

Organize the Supplies:

We've all been there when were trying to get ready quickly and we just can't find the g-tube extension piece for the life of us! I know this will take an investment of time up front but it will pay off in the long run.



02

Number Cheat Sheet:

Make a google doc cheat sheet of all the numbers; - Doctors, Insurance Numbers, volumes, amount of medicine. -You can imagine all the other numbers to put on the list. Post it in serval places. This takes time upfront but will be helpful when you need these numbers and don't have to search for them.



03

Laundry:

This is an obvious pain point for all of us right? Ok this is actually a time-saving method that I'm putting into place in my house and I think it could save you time too:

<https://youtu.be/WPEJ2M8vuTw>



04

Meal Prep:

I know you've heard this a million times but it will really save time. Take this up a notch and have a few meals in the freezer for those nights that you're at the specialist's office all day and got home too late to make dinner. Here is one of my favorite cookbooks "Cook Once and Eat All Week" (here's a link to a youtube video where she shows you how to make 3 meals out of 3 ingredients [video](#) you want to grab the book here: [Cookbook](#)



05

15min Tidy Rule:

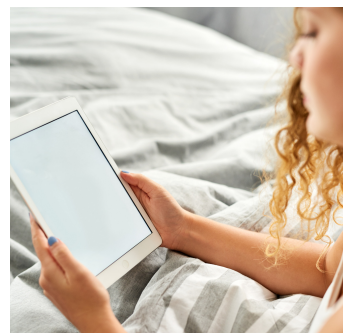
Keeping up with the house and caregiver roles can be overwhelming. I'm not going to give you a crazy cleaning routine to keep up on. Instead, clean in 15min bursts. Set a timer and get as much done as you can. That's it. No, your house won't look professionally cleaned, but it will make an impact.



06

Limit Screen Time

We all know we spend too much time on our devices, it can be our “down time” right? Instead use that time and get outside, wash your face, or just breath.



07

So no to DIY:

Are you guilty of trying to DIY something you could just buy? For me it was always been those cute reusable g-tube pads; instead of buying one on Etsy for \$3.50 I always thought I "could" make it; but I don't really need to spend my time doing that. Instead, it's worth my \$3.50 to have someone else make it for me.



08

Make Every Outing Count:

I know how hard it is to leave the house, especially if like me, you have a kiddo in a wheelchair. Try to accomplish as much as possible in one outing so that you don't have to make more trips. All it takes is to have a little intention before you head out.



09

Read Audio Books:

Most libraries have an app to check out audiobooks for free. I use Hoopla. During the time you spend: providing care, organizing supplies, and driving to appointments (or sitting in waiting rooms right!?) You can be doing something for yourself at the same time and enjoying an audiobook..

