Caregiver Responsibilities

To support you and your new joint, we ask that you identify a person who will be your committed caregiver. The family member, friend, or community resource you choose will be your closest partner in the surgery journey. See the list below to ensure your caregiver can support you in achieving your goals before and after total joint surgery.

Caregiver Responsibilities

Learn with your patient.

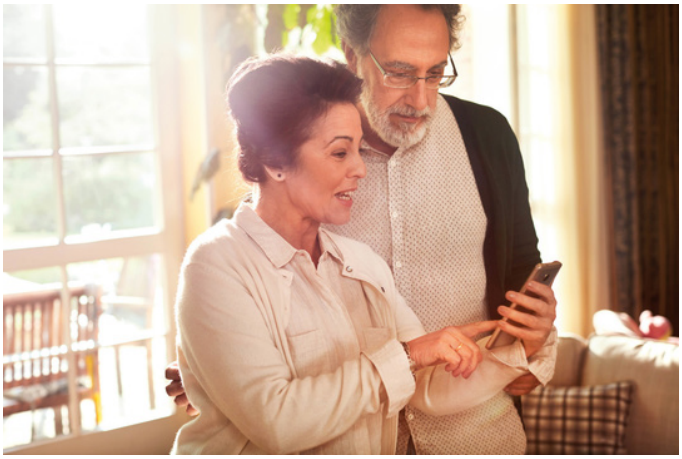
- ❑ View important education materials with your patient.
- ❑ Review your patient's appointment schedule and surgery timeline.
- ❑ Understand the best strategies for successful outcomes for your patient.
- ❑ Learn the personal needs of your patient and how they wish to be supported.
- ❑ Advocate for your patient and help them to ask questions.
- ❑ Read your patient's Discharge Instructions to help them follow their recovery guidelines.

Help your patient recover.

- ❑ Live with your patient 24 hours/day for at least 7 days following surgery.
- ❑ Help your patient stay focused on their SMART goals.
- ❑ Be willing to help with vulnerable activities like toileting, bathing, and personal care.
- ❑ Keep your patient on a strong routine of icing, elevation, light activity, and rest.
- ❑ Prepare meals and help with pet care or other household chores.
- ❑ Ensure you are taking care of yourself too– this is a big job!

Support important appointments.

- ❑ Provide transportation to your patient's pre-op and post-op appointments.
- ❑ Help your patient check-off important benchmarks and pre-surgery tasks.
- ❑ Stay at the Surgery Center with the patient during and after surgery.
- ❑ Observe Physical Therapy appointments and support your patient in learning exercises.



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