

## Conversio Caregiver Connection: Empowering Those Who Care

### Recognizing Your Dedication

Whether you are a family member, friend, or professional caregiver, your role is vital, and your impact does not go unnoticed. Conversio is here to provide you with the support you need.

### Patient Privacy and Safety

We understand that you play a very important role in your loved one's life. Please remember that we need a one-time verbal approval from our patient for you to be part of their care team and to access their medical information.

### Why Caregivers Matter

Without you, many patients would not be able to maintain their daily routines, independence, and quality of life. You provide services that go beyond what medical professionals can offer, such as companionship and emotional support. Your care affects the patient and contributes to the well-being of the entire family unit. You create a foundation for healing and peace.



## Who Are Caregivers?

Caregivers are not one-size-fits-all. They provide physical, emotional, or medical support for:

- Seniors
- People with disabilities
- People managing chronic illnesses
- Anybody who needs a little extra help

## Care can happen:

- Home
- Healthcare facility
- Long-distance care

Caregivers balance compassion, patience, and strength every day.

## Caregivers can be:

- Children
- Siblings
- Parents
- Spouses
- Grandchildren
- Grandparents
- Friends
- Hired help
- Neighbors
- Professionals

**And everybody in between!**

### Knowledge is Power

The more you know, the better you can care. Being informed empowers you. Do not hesitate to call Conversio for more information on your patient's condition and respiratory care routine. The more you understand the patient's condition, the more confident you will be in advocating for their needs.

### Take Care of Yourself Too

While you are essential to the care of your patient, you are important too. It is crucial to prioritize your own health. Caregiver burnout is real and can affect both your physical and mental well-being. Make time for self-care, whether that means:

- Take breaks
- Exercise
- Talk to someone you trust
- Ask for help

Remember, you cannot pour from an empty cup. Taking care of yourself allows you to provide better care for others.

We hope this newsletter reminds you how important your work is! Keep learning, stay connected, and know you are never alone on your caregiver journey.

Please visit our [Caregiver FAQ page](#).

**Thank you for all that you do!**



### Advocacy: Caregivers' Superpower

You are an advocate for your patient. This means ensuring:

- Patient's voice is heard
- Their rights are respected
- Their needs are met

### You might:

- Speak up during medical appointments
- Help interpret medical terms
- Ensure the patient's treatment aligns with their values and preferences

### Be informed about:

- Patient's condition
- Treatment options
- Healthcare system

**Ask questions and stay persistent. Your insight is invaluable.**

### Do you have any questions for our care team?



#### Call Conversio Health at:

(866) 239-3784

Hours of Operations:

6:00 am to 5:00 pm Pacific Time

9:00 am to 8:00 pm Eastern Time

Scan the QR code to download the Conversio Health app.

