**MARCH MORN CLASS-2023**

**HAND OUT 7**

**TIME:20 MIN**

**MARKS: 25**

1. State 5 ways you can make the care receiver feel comfortable and cheerful (5 marks)
2. How can you reduce stress as a caregiver? (5 marks)
3. What are some symptoms of stress (5 marks)
4. Explain 5 ways on how you would manage your time as a caregiver taking care of an elder in their home? (5 marks)

5.What are 5 ways you can keep yourself safe from a mentally ill person you are caring for? (5 marks)