

# Quick Tips for ALS Caregivers



- Mobility: Use walkers/wheelchairs; clear paths; support posture
- Eating & Swallowing: Small bites/sips; upright position; manage drooling
- Communication: Allow extra time; use boards/tablets; stay patient
- Skin & Oral Care: Wipe drool; moisturize; check for sores
- Respiration: Monitor breathing; follow doctor guidance
- Emotional Support: Listen, reassure, encourage hobbies
- Self-Care: Take breaks; accept help; join support groups