

# THE CARING TIMES



## A Note from Neal



You know better than anyone that caregiving can be a physically demanding job. Using poor technique or not paying careful attention when lifting, turning, and transferring clients increases the risk of injury, most commonly to the back, neck, and shoulders.

Did you know that using proper lifting techniques can help prevent injury? Below are some resources about lifting and transferring that you may find useful for your caregiving business:

- [How to Prevent Back Injuries When Lifting Someone \(AgingCare.com\)](#)
- [Tips to Help Caregivers Move or Transfer Someone with Mobility Limitations \(Caregiver.org\)](#)
- [4 Transfer Tips for Patient and Caregiver Safety \(HomeCareMag.com\)](#)

If you feel that your client may need additional equipment or assistance, Family & Nursing Care Classic is another resource for you. Please call the office to see how we can help.

In this newsletter, Classic Caregiver **Rebecca Manly** shares some precautions she takes to stay safe at work.

Fondly,

*Neal Kursban*

Neal Kursban  
Chief Executive Officer

## In this Newsletter

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Did you know that you can reply to text messages to accept an open referral?

## Classic Caregiver Spotlight: Rebecca Manly



**Caregiving can be very physical. How often do you think about protecting yourself when you're working?**

Whenever I'm working, I'm thinking about protecting myself and my client from injury. So, I'm thinking about it all the time!

**What are some situations where it might be easy to get injured?** I often use a Hoyer Lift to help move clients. If I don't position myself correctly as I am using the machine, it would be

very easy to hurt my back. I he same goes for moving clients without the aid of a Hoyer Lift. I must always be careful and pay attention to every movement.

**What are some of the techniques you use to prevent injuries?** I think the most important thing I do to prevent injury is to make sure I am completely focused on the task at hand. I take my time and am careful about whatever I am doing. If I am rushed or distracted, I am much more likely to injure myself.

I also have best practices written in a notebook that I carry with me. Having those notes at my fingertips makes it much easier to make sure I am doing things the correct way, for both myself and my client.

**What do you do outside of work to stay strong and help prepare you for the physicality of your work?** When I'm off work, I don't just sit at home. I like to stay physically active and go walking in the mornings. I also think it's important to socialize and connect with my family and community so that I'm taking care of my mental health as well as my physical health.



## Operational Messages



### Upgraded Technology

Are you utilizing the below two technological improvements that will help you improve the efficiency of your caregiving business? If you haven't tried them out yet, we highly encourage you to check out both the online portal and the LTCpayroll app!

### Family & Nursing Care Classic Online Portal

The Family & Nursing Care Classic Caregiver Portal enables you to access helpful information for your caregiving business at any time. Visit [www.familynursingcare.com/classiccaregiverportal](http://www.familynursingcare.com/classiccaregiverportal) to:

- Download forms, such as the LTCpayroll Direct Deposit form and Information Change form
- Easily update your availability so we can refer more cases to you
- View upcoming event dates
- Access links to LTCpayroll, MD/DC Board of Nursing, and more!

### LTCpayroll App

The LTCpayroll app will enable you to:

- Log tasks on your smartphone (to be used by clients with Long Term Care Insurance)
- Record when you start and end your shift on your smartphone

*If you have any questions about the app or how to use it, please contact LTCpayroll directly.*



### Professional Liability Insurance (PLI) vs. Occupational Accident (OccAcc) Insurance

PLI is insurance coverage that provides protection to you, the caregiver, if you are blamed for causing harm to your client or to your client's property in the course of performing your professional duties. Maryland law requires you to carry your own PLI in order to be considered an independent contractor, and Family & Nursing Care Classic requires all caregivers on its registry to have current PLI.

OccAcc is insurance coverage that provides benefits to independent contractors injured in a job-related accident. If you have OccAcc insurance and are injured on the job, you may be entitled to medical and disability benefits.

If you are interested in learning how you can get OccAcc Insurance, please contact Hannah Frimpong-Hazel, Caregiver Advocate, at 301-588-8201 or email [hfrimpong@familynursingcare.com](mailto:hfrimpong@familynursingcare.com).



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