

# Carewell Plan Your Caregiving The Ultimate Guide

https://www.carewell.com I 24/7 Support: 855-855-1666

# What's in this guide?

Getting Started: A 5-step plan

Month-by-month calendar

Inspiration & help: Curated resources



### A Five-Step Process for Developing Your Caregiving Plan

### Determine the level of care

O1 Ask yourself questions like: What's their health status? Do they take medication? What types? Is there a schedule? Is your care recipient relatively mobile and independent or do they use a wheelchair and require assistance?

#### Establish a caregiving team

O2 Caregiving isn't an individual effort. You need a support system to prevent overwhelm. Try splitting up responsibilities so no one feels the weight of the world on their shoulders.

#### Collect the necessary supplies

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To help your loved one remain healthy and happy, it's important they have access to supplies like mobility devices, medication, nutritional supplements, and incontinence products.

#### Be aware of seasonal changes

O4 Caregiving is like anything else in that different seasons present different challenges. Prepare yourself for change.

### Never stop learning

O5 Over time, your care recipient may experience more serious challenges, like mobility issues or a decline in cognitive function. Reading about your loved one's diagnosis can help you prepare for what's to come.

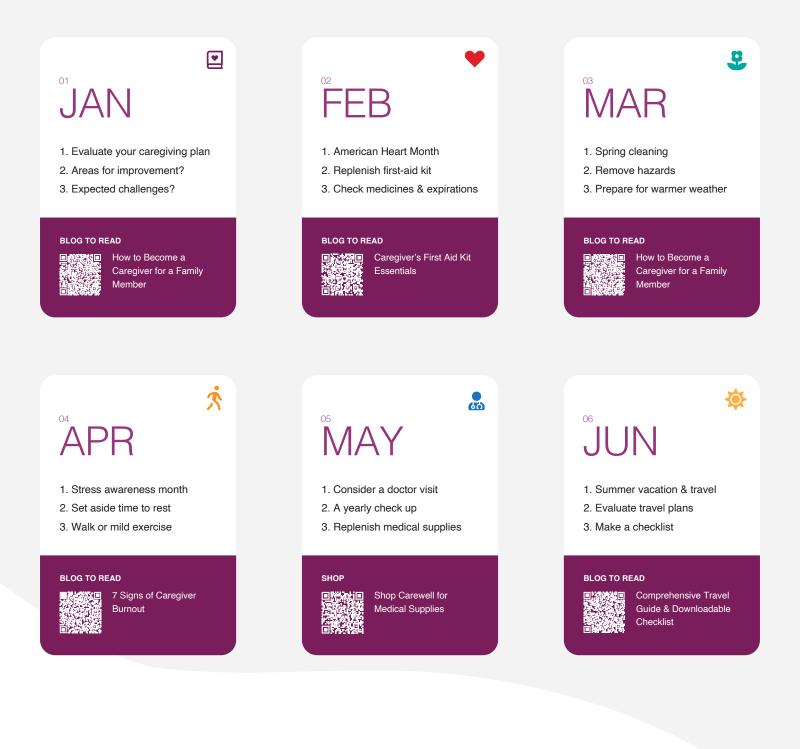
### Read more details



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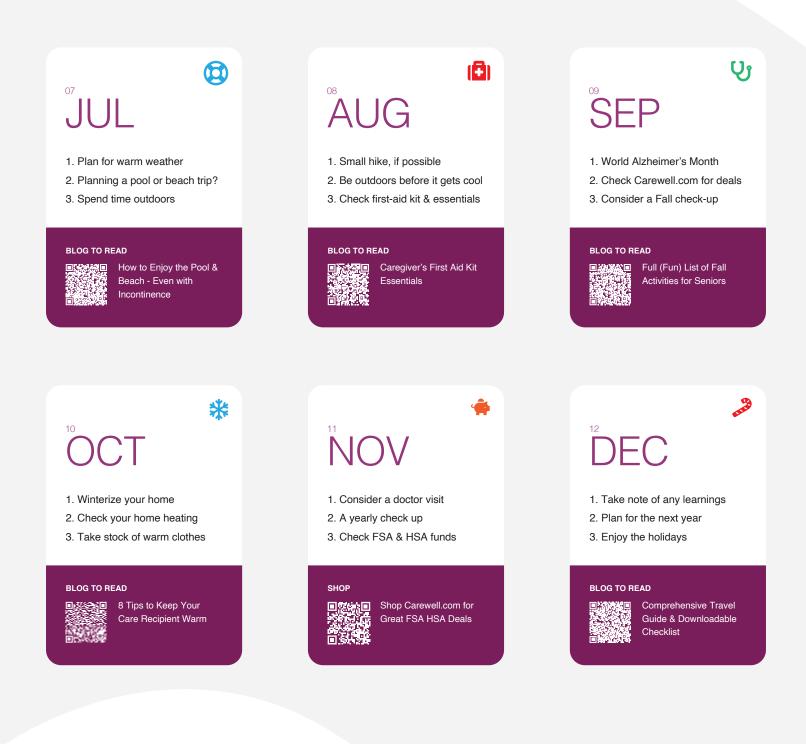
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### A Caregiving Plan for the Year -Things to Consider Each Month



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## A Caregiving Plan for the Year -Things to Consider Each Month



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### **Curated Resources**

### Technology Resources to Help You

www.lanaCare.com Build your care network.

www.CaringBridge.com Caregivers share updates with friends & family.

www.LotsaHelpingHands.com Create your own caregiving community

https://wairco.com/pages/apple-airtag-cases-for-elderly Case for Apple AirTag for dementia patients.

#### **Caregiving Communities**

www.TheCaregiverSpace.com Resources and social groups for caregivers

www.CaringBridge.com Easy for caregivers to share health updates with friends & family.

www.NAFC.org/message-boards Great place to vent, ask questions, or get advice

www.AgingCare.com/caregiver-forum Great place for questions, support, and advice

### Social Ambassadors

Theresa Wilbanks instagram.com/sustainablecaregiving/

Elizabeth Miller instagram.com/happyhealthycaregiver/

Clelia Pergola www.cleliapergola.com/

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#### Social Ambassadors

Carrie Aalberts instagram.com/dementiadarling/

Elizabeth & Aj instagram.com/caregivingadvice/

Lauren Dykovitz instagram.com/lifeloveandalzheimers/

Ashley Stevens instagram.com/thedementiaguru/

Kris + Mary instagram.com/lifewithgrams/

Erica Steiner tiktok.com/@badasscaregiver

#### **PRODUCTS & SUPPORT**

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