

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

03

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.

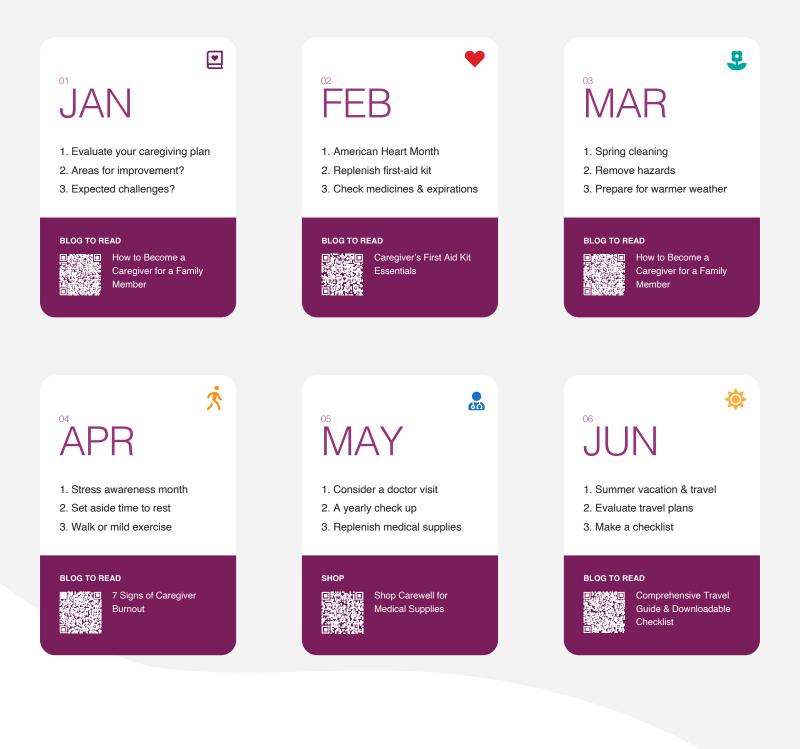
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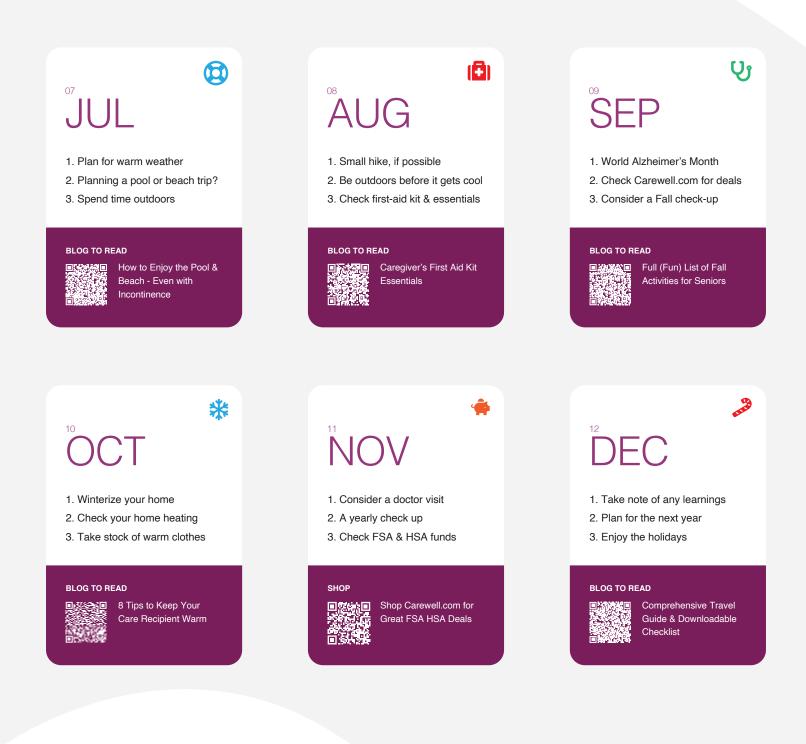
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A Caregiving Plan for the Year -Things to Consider Each Month



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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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