

WHAT ARE SOME PRACTICAL THINGS TO THINK ABOUT?

How to use: Review the lists below to identify topics to prioritize now or in the near future.



Daily Routines & Appointments

Do you need and have support for:

- Transportation
- Coordinating/Attending Medical Appointments
- Daily Medication Management
- Cleaning, Laundry, Preparing Meals, Household Errands
- Managing personal finances
- Personal Care (dressing, bathing, bathroom, grooming)
- Exercise, movement, activities
- Social Interaction/Companionship



Caregiving

Which caregiving options are best for you currently:

- Family/Friends/Community*
- Funded Home Care Supports
- Private Hired Home Care
- Care Facility

*Prevent burnout for the primary caregiver by having relief support available



Living Arrangements

Which living arrangement best matches your changing needs:

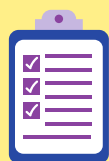
- Current home
- Current home with adaptations
- Live with caregiver
- Assisted Living
- Care Facility



Personal Wishes & Family Affairs

What needs to be proactively discussed and settled with relevant parties:

- Critical Personal Accounts Access, Passwords, Contacts
- Advance Care Planning
- Substitute Decision Maker
- Will & Estate Planning
- Legacy Leaving & Funeral Planning



Getting Support

Which resources should you connect with?

- Disease Specific & Volunteer Organizations
- Rehabilitative Programs
- In Home & Institutional Care Services
- Social & Financial Support
- Psychological Support
- Peer Support & Respite/Caregiver Support

