

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:

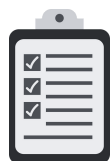
- ☐ Current home
- ☐ Current home with adaptations
- ☐ Live with caregiver
- ☐ Assisted Living
- ☐ Care Facility



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