

# 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:

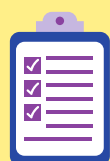
- Current home
- Current home with adaptations
- Live with caregiver
- Assisted Living
- Care Facility



## 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