


Caregivers are Self Aware

PROJECT NAME: Creating a plan





NAME:

DATE:

CHALLENGES	<p>What are the main challenges you face as a caregiver?</p> <p>List three specific challenges that are currently impacting your caregiving role.</p>
DEEP THOUGHTS	<ul style="list-style-type: none">• Reflect on your strengths and skills as a caregiver• Identify three qualities or skills that you believe contribute positively to your caregiving role.• How would you describe your emotional well-being in your caregiving journey?• Are there specific emotions or stressors that you find particularly challenging?• Identify individuals or groups in your support network.• List at least three people or groups you can turn to for support or assistance• What are your short-term caregiving goals? (next 3-6 months)• What are your long-term caregiving goals? (next 1-2 years)• Reflect on the boundaries you've set for yourself in caregiving.• Are there areas where you feel you need to establish clearer boundaries?• Reflect on your current self-care practices.• Identify one additional self-care practice you'd like to integrate into your routine.
CONVO	<p>It is time to start the conversation: How to Say It to Seniors, by David Solie</p>
PLAN	<p>It is time to start the plan... scan for the Kick Ass Caregiver Plan Doc</p> <p style="text-align: right;"></p>



Caregivers Have Resources

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">THE PLAN</p>	<ul style="list-style-type: none"> • Gather info (legal: DPOA, MPOA, Will/Trust, Advance Dir) • Know who is on your team • Start with goals • Assess needs • Create Big Picture • Create Week by Week • Facebook Group: The Aging Parent Tribe - Denver  
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">COMMUNITY</p>	<ul style="list-style-type: none"> • Diagnosis-specific support groups: • www.alz.org/co • parkinsonrockies.org/ • www.als.org  
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">LOCAL</p>	<ul style="list-style-type: none"> • bQuest App: Vetted local resources: www.thebquest.com • Denver Agency Aging: drcog.org/programs/area-agency-aging • Caregiver Respite: https://coloradorespitecoalition.org/ • Local Company to organize all your docs/estate: Nok Box: https://www.thenokbox.com/CAMERON91657 • www.fivewishes.org (great end of life discussion tool)
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">BUILD A TEAM</p>	<ul style="list-style-type: none"> • Free Medicaid Info: www.benefitsinaction.org/ • No Cost Placement Agent: nextstepssenior.com • Care Mangers • Home Care • Hospice • Move Managers/Downsizers/Realtors • Their Primary Care Drs/Rounding Physicians

You've Got this!!!

CAREGIVER GOALS PLANNER

Stage 1: Start the conversation by discussing what are the goals for your loved one.

GOALS:

- Live near family
- Stay healthy
- Live in my own home as long as I can
- Be a part of my church
- Be a part of my community groups
- Travel
- Keep my pets
- Budget for future care needs
- Move to a house that fits my needs
- Participate in my hobbies
- Be around people
- Move to a place with supportive services
- Live in the same place as spouse
- That I don't feel like a burden
- Easy access to doctors
- Easy access to transportation
- Manage chronic conditions
- Be a life long learner
- Be a volunteer
- Stay independent

WHAT GOALS DID WE LEAVE OFF?

-
-
-
-
-
-
-
-
-
-

THIS CONVERSATION MAKES ME FEEL



NOTES

next steps senior placement
www.nextstepsenior.com
720-515-8014

YOUR STRENGTHS

Review what are positive strengths that work in your favor on this journey

STRENGTHS:

- Good savings and income
- Organized and updated estate
- Able to advocate for yourself
- Friends & Family nearby
- Low maintenance home
- Will wear a pendant for fall detection
- No cognitive decline
- Healthy
- Already live in a supportive environment
- Good relationships with neighbors
- Own a Long Term Care Policy
- Live with someone else that is healthy
- Limited stairs in house
- Technology supports in house
- Easy to access/safe home
- Shared important documents with Next of Kin
- Willing to plan ahead
- Funeral plans made and shared
- Open to having assistance at home, if needed
-

OTHER STRENGTHS:

- Good local senior resources
- Local transport options
-
-
-
-
-
-
-
-
-

THIS CONVERSATION MAKES ME FEEL



NOTES

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720-515-8014

PRIORITIZE YOUR NEEDS

What are the pressing needs that are urgent and should be addressed first. Use this to start prioritizing your timeline and needs

URGENT MATTERS TO ADDRESS

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

NEED TO DO IN THE NEAR FUTURE

- _____
- _____
- _____
- _____
- _____

IMPORTANT - BUT NOT URGENT

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DOUBLE CHECK

- _____
- _____
- _____
- _____
- _____

NOTES:

NEEDS ASSESSMENT

Create for each person that needs care and assign owners for needed tasks.

NEED	POSSIBLE TASKS	OWNER
VERIFY LEGAL DOCS	WILL/TRUST FINANCIAL POA MEDICAL POA ADVANCE DIRECTIVES	
LIVING SITUATION	PAY MORTGAGE/RENT HOME REPAIRS HOME MODIFICATIONS ONGOING MAINTENANCE SAFETY CONCERNS GROCERY SHOPPING MEAL PREPARATION LAWN CARE PET CARE HOUSEKEEPING RESEARCH “PLAN B” LIVING OPTIONS	
FINANCES	PAY BILLS KEEP TRACK OF FINANCES MANAGE ASSETS APPLY FOR NEEDED BENEFITS MANAGE TAXES	

NEEDS ASSESSMENT

Create for each person that needs care and assign owners for needed tasks.

NEED	POSSIBLE TASKS	OWNER
GETTING AROUND	ABILITY TO DRIVE COORDINATING RIDES FIND LOCAL TRANSPORT SERVICES GO-GO GRANDPA MEDICAL TRANSPORTS	
PERSONAL CARE NEEDS	CLOTHES SHOPPING LAUNDRY SHOWER ASSIST DENTAL CARE HAIR NAIL CARE FOOT CARE (PODIATRIST) DRESSING AND GROOMING TOILET ASSIST EVALUATE MOBILITY SUPPORT (WALKERS, SCOOTERS, ETC) SKIN CARE INCONTINENCE CARE OTHER:	

NEEDS ASSESSMENT

Create for each person that needs care and assign owners for needed tasks.

NEED	POSSIBLE TASKS	OWNER
HEALTH CARE	MONITOR PHYSICAL AND EMOTIONAL WELL-BEING SCHEDULE MEDICAL APPTS ARRANGE TRANSPORTATION ACCOMPANY TO APPTS SUBMIT INSURANCE PAY BILLS PERFORM MEDICAL TASKS (WOUND CARE, INJECTIONS, ETC) ACCESS MEDICAL PORTALS MEDICAL ALERT SYSTEMS UPDATE LIST OF DOCTORS OTHER:	
MEDS	ORDER MEDICATIONS PICK UP MEDS ORGANIZE MEDS MED REMINDERS	

NEEDS ASSESSMENT

Create for each person that needs care and assign owners for needed tasks.

NEED	POSSIBLE TASKS	OWNER
COMMUNICATE	KEEP FAMILY & FRIENDS INFORMED DAILY CHECK-IN ABLE TO USE A CELL PHONE ABLE TO USE ALEXA DOES HOUSE NEED MOTION- DETECTOR CAMERAS ORGANIZE CAREGIVING TEAM	
RELATIONSHIPS	SENIOR CENTER DAY CARE OPTIONS SEND THANK YOU CARDS ARRANGE FOR VISITORS ARRANGE FOR OUTINGS	
MEDS	ORDER MEDICATIONS PICK UP MEDS ORGANIZE MEDS MED REMINDERS	
PAPERWORK	ORDER NOK BOX OR SOME TYPE OF ORGANIZER: HTTPS://WWW.THENOKBOX. COM/CAMERON91657	THIS WILL SAVE YOU TONS OF TIME AND IS EASY TO USE

Care Plan

example

Use this to create detailed action items for your urgent goals

Goal 1: have caregivers at house 2x a week

Owner: fletcher

(Start Date): June 1st

(End Date):

Action Steps

- get recommendations for home care
- research and interview companies
- finalize start dates

Notes

- *make a list of questions to ask*
- *background checks*
- *ask for references*
- *list of tasks for them to do*
- *hourly rate and minimums*

Goal 2: move dad to new home

Owner: griffin

(Start Date): March

(End Date): this summer

Action Steps

- determine budget
- determine care needs
- determine desired location

Notes

- *call a LOCAL, hands-on placement agent that will organize and tour with you.*
- *Cameron Crawford, 720-515-8014
www.nextstepssenior.com*

Goal 2: plan 80th birthday party

Owner: piper

(Start Date): january

(End Date): march 13

Action Steps

- pick a date
- pick a location
- send invites

Notes

- *ask mom who she would like to attend*
- *what type of food/cake does she want*

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720-515-8014

Care Plan

Use this to create detailed action items for your urgent goals

Goal 1:

Owner:

(Start Date):

(End Date):

Action Steps

- _____
- _____
- _____

Notes

Goal 1:

Owner:

(Start Date):

(End Date):

Action Steps

- _____
- _____
- _____

Notes

Goal 3:

Owner:

(Start Date):

(End Date):

Action Steps

- _____
- _____
- _____

Notes

WEEKLY CAREGIVER Planner

example

WEEK OF: MAY 20TH

MON

- Piper: order monthly medications by end of day
- Griffin: Weekly phone call to check in

TUE

- Piper: Dr Jones appoint - PCP - 1:00 at Sky Ridge Suite 101
- Piper: Pick up Mom and attend appointment

WED

- Fletcher: Take Mom to Senior Sneakers at rec center and lunch - 11:30

THU

- Housekeeper 9:00-noon
- Have them clean out fridge

FRI

- Fletcher: Costco run - out of paper towels

SAT

- Family dinner at Mom's house with college kids that are home. Bring pizza and drinks

SUN

- Neighbor Sue: pick Mom up for 9:30 church service
- Go on scenic drive to mountains

WEEK GOALS

Plan something fun for Mom's birthday next week!!!

PRIORITIES

- drs appt
- verify Mom is taking her meds
- talk about adding camera doorbell
-
-

NOTES

Housekeeper Josie will be out of town next week

WEEKLY CAREGIVER Planner

WEEK OF: _____

MON

TUE

WED

THU

FRI

SAT

SUN

WEEK GOALS

PRIORITIES

NOTES

Daily Planner

You've Got This!

DATE

S M T W T F S

6:00	
7:00	
8:00	wake mom up
9:00	toilet/shower/dress
10:00	breakfast
11:00	
12:00	lunch: meals on wheels
13:00	
14:00	Physical Therapy
15:00	
16:00	
17:00	dinner: pasta with salad
18:00	TV and Relax
19:00	
20:00	
21:00	
22:00	
23:00	

TOP 3 PRIORITIES

- . *physical therapy* . . .
-
-

REMINDER

Golden Bachelor at 7:00!

DAILY AFFIRMATIONS

you are a kick-ass daughter and doing an amazing job!!!

FOR TOMORROW
podiatrist appoint at 11:30

NOTES

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.
.

Daily Planner

You've Got This!

DATE

S M T W T F S

6:00
7:00
8:00
9:00
10:00
11:00
12:00
13:00
14:00
15:00
16:00
17:00
18:00
19:00
20:00
21:00
22:00
23:00

TOP 3 PRIORITIES

-
-
-

REMINDER

DAILY AFFIRMATIONS

FOR TOMORROW

NOTES

When staying home is not the best option... let us explain your choices
720-515-8014

SENIOR LIVING ADVISOR

NO COST TO YOU

let's talk

720-515-8014

Does senior living overwhelm you? Not sure where to start? We know what to do and we're here to help!

- Independent Living
- Assisted Living
- Memory Care
- Licensed Care Homes



Independent Living (IL)

Sometimes small changes help you stay independent and active. Independent Living typically includes some meals, utilities, activities, socialization, transportation, and housekeeping and maintenance.

Assisted Living (AL)

Many residents are still independent, but help is available when needed. The range of help can be broad and may include anything from medication management to assistance with showers, dressing, or transferring. Different AL's offer different levels of care.

Memory Care (MC)

A specialized senior living, designed for people who have dementia. The secure environment prevents wandering. MCs include higher levels of care, a more structured living environment, meals, medication management, and housekeeping.

Our personalized service is **NO COST** to your family.

Call us for a consultation.

We assist in finding the right Independent Living, Assisted Living, and Memory Care options for your care needs and budget.

Reviews

There is not enough words to describe how amazing it was to work with Cameron! Her compassion and knowledge is exceptional! I couldn't be more blessed to have found her to help me find a place for my mom that that met her needs.
-Julie W

I will be forever grateful for Next Steps Senior Placement and their assistance in finding a memory care facility for my dad. On my first call we talked for about 45 minutes discussing my dad's needs and the journey he has been on that lead to his current situation. Before we hung up the phone, Cameron had already provided a sense of calm for the process and what was to come.
-Whitney G.



Join our Facebook Group - The Aging Parent Tribe