

SO, YOU'RE A *caregiver* NOW

Are you a new caregiver who is unsure of where to start?

It can be daunting, but I want you to know that you are not alone.

Use this list to help you figure out where to start. Have friends and family help where they can and reach out to me for guidance and support!

- ♡ Keep a journal and track questions that arise
- ♡ Get to know your community case managers for home support
- ♡ Ask for help with care, meals, or to attend appointments with you
- ♡ Apply for assistance programs (medical & disability benefits)
- ♡ Arrange for home services (cleaning, snow removal, etc.)
- ♡ Create a list of contacts: doctors, case managers, agencies
- ♡ Find services that pick-up and deliver (groceries, meds, meals)
- ♡ Research community programs and support groups
- ♡ Find someone you can talk to (friend, family member, therapist)
- ♡ Organize prescriptions and create a medication log
- ♡ Organize household bills and expenses
- ♡ Set up automatic bill payments for your bills
- ♡ Look for and celebrate something positive every day
- ♡ Take time for yourself!

Visit:

www.coachingforcaregiverscanada.com
for one-on-one coaching, guidance and workshops!