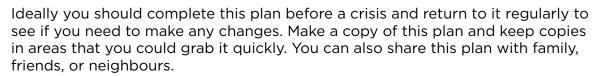
My Caregiver Plan





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(Family, friends, doctor,	, community agency, care coordinator (etc.)		
Who:	Phone Number(s): #1	#2		
	Phone Number(s): #1			
	Phone Number(s): #1			
	Phone Number(s): #1			
Things to Remember e.g. Call neighbour to w				
Other Helpful Numl	hers:			
Huron Perth Helpline a Telehealth Ontario: 1.88 Items I Might Need	284	TIP: Pack a 'grab bag' of the things you think would be important to bring with you ahead of		
Caregiver Items (Clothe	time!			
Care Recipient Items (litems etc.):	Health information, list of medications,	legal documents	s, clothes, personal	

Quick Tips for Making a Decision in a Crisis Situation

Ask:

- How long do I have to make the decision?
- Can you tell me what this isn't?
- What happens if we do nothing?
- What are our other options?
- Are there any questions that I should be asking that I haven't?

Remember: The only way the health team will know if you don't understand something is if you say that you don't understand.

Other Tips:

- If possible, have someone come with you that can help you 'co-pilot' the situation. They could help to take notes, do research for you, make phone calls, or anything else you might need.
- Find out what needs to be done after the crisis. For instance, did anything about the care recipients care change such as medications or treatments. Do you have any follow-up appointments?
- Don't be afraid to let the healthcare team know what you are and aren't comfortable doing. If you don't think you can do something the team is recommending, let them know.

Advocating for Yourself or the Care Receiver

**Remember to use the SBAR acronym to help guide advocating for yourself of are caring for	or the person you
Situation: Describe the situation	
Background: Provide any additional details that would be helpful for the health	ı team
Assessment: What do you think about this situation? How do you feel?	
Request: What do you want? What are you asking for?	
Additional Notes:	
	CHANGING