

# My Caregiver Plan



Ideally you should complete this plan before a crisis and return to it regularly to see if you need to make any changes. Make a copy of this plan and keep copies in areas that you could grab it quickly. You can also share this plan with family, friends, or neighbours.

## Important Phone Numbers:

(Family, friends, doctor, community agency, care coordinator etc.)

Who: _____	Phone Number(s): #1 _____	#2 _____
Who: _____	Phone Number(s): #1 _____	#2 _____
Who: _____	Phone Number(s): #1 _____	#2 _____
Who: _____	Phone Number(s): #1 _____	#2 _____

## Things to Remember to Do in A Crisis:

e.g. Call neighbour to watch children/pets

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## Other Helpful Numbers:

**Huron Perth Helpline and Crisis Response Team: 1.888.829.7284**

**Telehealth Ontario: 1.888.797.0000**

**TIP:** Pack a 'grab bag' of the things you think would be important to bring with you ahead of time!

## Items I Might Need to Bring with Me:

**Caregiver Items** (Clothes, phone charger, book, personal items etc.):

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**Care Recipient Items** (Health information, list of medications, legal documents, clothes, personal items etc.):

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## 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 or the person you are caring for***

**Situation:** Describe the situation

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**Background:** Provide any additional details that would be helpful for the health team

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**Assessment:** What do you think about this situation? How do you feel?

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**Request:** What do you want? What are you asking for?

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**Additional Notes:**

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