

Prepare to Care: Planning for Caregiving Responsibilities

No matter where you are in your caregiving journey — beginning to anticipate future needs, handling an acute situation, or managing existing care needs — having a good framework on hand will help guide your family through major care decisions. We've outlined a few areas of our Care Framework for you to consider when planning for caregiving responsibilities.



Medical

Enlist the right professionals, keep on top of appointments, and stay organized.

- ✓ Establish care with appropriate providers
- ✓ Gather and store medical records
- ✓ Keep master medication and contact list
- ✓ Set up a shared calendar and keep everyone on the same page

Legal

Setting up the right legal documents will take effort, but these will make tough decisions easier.

- ✓ Establish Power of Attorney
- ✓ Complete a Healthcare Power of Attorney
- ✓ Prepare a Will
- ✓ Create a Living Will, also known as an Advance Directive

Financial

Get a handle of finances and existing benefits to better inform needs and priorities.

- ✓ Understand Social Security
- ✓ Understand Long-Term Care Insurance
- ✓ Evaluate health insurance options
- ✓ Identify other financial assistance through state-, federal-based programs or non-profits

In-Home

With some careful planning, you can ensure your loved one remains safe in the home.

- ✓ "Fall proof" the home (handrails, lighting, etc.)
- ✓ Explore home care options (aides, helpers, etc.)
- ✓ Investigate assistive technologies
- ✓ Arrange for home assessment to evaluate larger safety modifications

Housing

Start by outlining preferences, care needs, and budget to identify the best-fit housing options.

- ✓ Explore housing options like independent and assisted living, nursing or group homes
- ✓ Assemble a moving support team — family, friends, professional movers and moving managers
- ✓ Locate short-term solutions like respite care

Social/Emotional

Make sure you and your family feel supported and stay connected.

- ✓ For loved ones faced with cognitive decline, explore memory care support programs
- ✓ Try in-person, online or phone-based support groups to connect with others in a similar situation
- ✓ Consider professional counseling and therapy

Relief is near

No matter where you are in your caregiving journey, your dedicated Care Coordinator will be with you every step of the way. Lean on Wellthy for guidance and support with all things related to complex care.

Visit [wellthy.com](https://www.wellthy.com) to create your free account and connect with your care professional!