

EVERWELL FAMILY CAREGIVER GUIDE

Supporting Someone You Love While Taking Care of Yourself

Caring for someone you love can be meaningful, but it can also be a lot to manage.

Whether you are a spouse, adult child, relative, representative, or another trusted person, this guide can help you stay organized and support your loved one while remembering to care for yourself.

Understanding My Loved One

Take some time to write down what is important to the person you support.

What does their normal daily routine look like?

What do they enjoy?

What can they do independently?

What activities do they need help with?

What helps them feel comfortable and supported?

Important Things to Keep Track Of

- ☐ Appointments
 - ☐ Medications
 - ☐ Daily routines
 - ☐ Mobility needs
 - ☐ Meals or dietary needs
 - ☐ Important contacts
 - ☐ Transportation needs
 - ☐ Changes in care needs
 - ☐ Personal preferences
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Working With Home Care

If your loved one receives home care, communication between the family, caregiver, and care agency is important.

Consider keeping everyone informed about:

- Changes in your loved one's routine.
- Changes in mobility or daily needs.
- Upcoming appointments.
- Transportation needs.
- Important concerns or questions.
- Changes that may affect the member's care.

If your loved one receives care from Everwell, keep your Everwell contact information somewhere convenient and use the appropriate Everwell contact when you need assistance or have concerns.

Planning Transportation

For appointments or other planned trips:

- ☐ I know the appointment date and time.
 - ☐ I know the pickup location.
 - ☐ I know the destination.
 - ☐ I have communicated mobility needs.
 - ☐ Necessary mobility equipment is ready.
 - ☐ A return-trip plan has been made.
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Sharing Responsibilities

You do not have to manage everything by yourself. Write down the people who can help and what they can assist with.

Family Member / Support Person:

Name: _____

What they can help with: _____

Phone: _____

Family Member / Support Person:

Name: _____

What they can help with: _____

Phone: _____

Caregiver / Home Care Support:

Name: _____

What they can help with: _____

Phone: _____

Other Support:

Name: _____

What they can help with: _____

Phone: _____

Caregiver Check-In

Take a moment to check in with yourself.

- ☐ I have someone I can ask for help.
- ☐ Responsibilities are being shared when possible.
- ☐ I understand my loved one's current needs.
- ☐ I know about upcoming appointments.
- ☐ Transportation has been planned when needed.
- ☐ I have taken some time for myself.
- ☐ I am getting enough rest.

What Support Do I Need?

My Notes

Remember

You don't have to do everything alone.

Everwell Home Care is committed to supporting individuals and families with care, connection, and practical support for living.

Everwell Home Care

More Than Care. Support for Living.

Care • Connect • Empower
