

Action Plan for Getting Help

Directions: Are you sometimes **T-I-R-E-D** from all you do as a caregiver? Caregiving is a big job that others can help you handle if you request and accept offers of help. Follow these steps to use this Action Plan for Getting Help:

1. Review the left column of the five checklists: Tasks-Information-Respite-Emotional Support-Decisions and check the area(s) where you'd really like some help.
2. Now think of who could assist you with these tasks you checked.
3. Finally, identify what next steps you'll take to get the help you need.
4. Return to this checklist in the future when you need relief, support or hands-on-help with caregiving responsibilities.

Tasks Checklist			
<i>Tasks for which I need help:</i>	✓	<i>Who could assist with these tasks?</i>	<i>Next Steps I'll take to get help:</i>
Physical Care: Help to feed, bathe, dress, groom, or help to walk, get to bathroom; to perform medical/nursing tasks.			
Personal Affairs: Help to cook, clean, shop, launder clothes, run errands, do home repairs or help with relocation.			
Household Affairs: Help to manage medicine, finances, legal, insurance, care coordination or transportation.			
Emotional or Social Support: Help with behavior, moods, socializing or making decisions.			
Information Checklist			
<i>The type of information I need:</i>	✓	<i>Who could provide this information?</i>	<i>Next Steps I'll take to get help:</i>
Medical: Diagnosis/condition, treatment options, professional referrals, health care organizations, medication management,			
Care Management: Community resources, national/state programs, professional care coordinators, online/technology resources, housing, senior			
Legal/Financial: Private and public insurance providers, eldercare attorneys, Veteran benefits			

Respite Checklist			
<i>The kind of break I need:</i>	✓	<i>Who could help arrange this time rest?</i>	<i>Next Steps I'll take to get help:</i>
Time out: Less than 30 minutes on an specific day/evening			
Mini-break: Several hours on a given day/evening			
Short getaway: Leave my loved one for a day or weekend			
Vacation: Leave my loved one for a week or more			

Emotional Support Checklist			
<i>Difficult emotions I'm feeling:</i>	✓	<i>Who could offer emotional support?</i>	<i>Next Steps I'll take to get help:</i>
Unprepared: I am responsible for coordinating care or providing complex medical/nursing care, yet have no medical training.			
Unpredictable: I have no control over if or when medical emergencies and crises will occur.			
Unrealistic: I manage caregiving on top of my other responsibilities to work, family and home. My "to-do" lists are too much to do.			
Unsupported: I receive inadequate help from family, friends, health care, insurance or legal systems. It's hard to get a break from my responsibilities.			
Upset: I am grappling with complicated emotions, feelings of loss, anger, sadness, guilt, depression, or fear. I'm unhappy with the "new normal" that I'm forced to accept.			
Under-funded: Paying "out-of-pocket" for caregiving expenses (supplies, services, or travel) is hurting my finances.			

Decisions Checklist			
<i>Decisions I need help with:</i>	✓	<i>Who could help with decision making?</i>	<i>Next Steps I'll take to get help:</i>
<u>Workplace issues</u> -How to handle: Overload of work & caregiving responsibilities; conflict-culture isn't caregiver-friendly; need			
<u>Family or personal issues</u> -How to handle: Unbalanced family involvement; conflict; different caregiving priorities; loneliness; need			
<u>Health care or medical treatment issues</u> -How to handle: Problems with physical or mental health; cost/time barriers to staying			
<u>Legal or financial issues</u> -How to handle: Costs of caregiving supplies, services or travel; loss of income or savings; power-of-attorney			