



Caregiver's Action Plan

It often helps to write down the tasks or goals you have in order to stay focused and organize your time better. For those things you have determined you need to do in order to better prepare yourself for the journey of caregiving, whether that is a practical task such as contacting an estate planner or a personal goal such as stress management, write your goals and tasks below and set a target date. Then when you can check something off your list, you will feel a sense of accomplishment and control.

What I Need To Do	Action I Must Take To Do It (who to call, phone number)	Timeframe To Complete	Follow Up Needed?	Action Completed