



Mighty Caregivers ♡

Create Your

Caregiver Back Up Plan

Planning today
brings peace
of mind for
tomorrow.



Good caregiving means making sure the person you care for continues to be cared for, even if you are suddenly sick, exhausted, or unavailable.

*You are not alone.**



1 My Care Recipient

Name: _____

Date of Birth: _____

Important Notes: _____

2 About Their Care

What is important for someone else to know?

- Daily routines: _____
- Likes / Dislikes: _____
- Communication tips: _____
- What helps when they are upset or anxious: _____

3 Important Information

- Doctor / Specialists: _____
- Pharmacy: _____
- Medications (list or location): _____
- Allergies: _____
- Insurance Information (location): _____
- Emergency Information (location): _____
- Other Important Notes: _____

4 Who Can Help

People who can step in if I am not available.



Primary Helper

Name: _____
Phone: _____
Best way to reach them: _____



Additional Helper

Name: _____
Phone: _____
Best way to reach them: _____



Emergency Contact

Name: _____
Phone: _____
Best way to reach them: _____

5 Where to Find What They Need

List the location of important items and information.

- 🏠 Keys / Access: _____
- 🏥 Medical Information: _____
- 📋 Care Plan / Instructions: _____
- 📁 Important Papers: _____
- 💰 Bills / Accounts: _____
- 🛒 Groceries / Meal Plan: _____
- ♥ Other Important Items: _____

6 Daily Snapshot

A simple outline of a typical day.

- 🕒 Morning: _____
- 🕒 Afternoon: _____
- 🕒 Evening: _____
- 🕒 Bedtime: _____
- 🕒 Special Reminders: _____

7 Notes for the Helper

Anything else someone should know.



Remember

Having a back up plan is an act of love. It helps the person you care for, and it also gives you permission to rest, heal, and take care of yourself.



You Are Not Alone
We are all Mighty Caregivers.



Care. Plan. Share. Rest.
*You matter too.**

