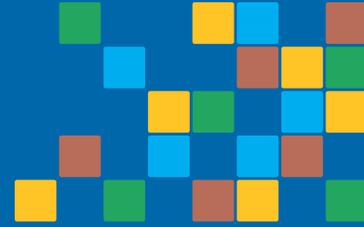


Taking Control of Caregiving

Think · Ask · Do



Most people who have cared for someone at the end of life wish they'd known more about legal documents, finances, and care services. Being as prepared as possible can help you feel in control. These ideas about what to think, ask, and do can get you started.



Think About

- **Needs and support.** Identify the needs of the person you're caring for. This helps determine next steps and manage expectations.
- **Professional caregiving.** Consider options like home-based nursing, palliative care, and hospice—even if there isn't an immediate need for that support.
- **Expert advice.** Think about areas like health, legal, financial, spiritual, and other matters where you need guidance.
- **What you can plan.** Some things might be less flexible, like medical appointment times or your work hours. Thinking through what you can and can't plan for may help reduce stress.



Ask

- Do I understand the needs of the person I'm caring for?
- What skills, resources, and time do their needs require?
- Do I have family members, friends, and community supports who can help?
- Has the person I'm caring for prepared documents like an advance directive, power of attorney, or portable medical order?
- What other caregiving services are available and how much do they cost?
- Does the person I'm caring for have health insurance or other ways to pay for care?
- Can I manage other parts of my life, like my job, around caregiving?
- Could a written caregiving plan help me stay organized?



Do

- **Understand needs.** Learn how the person you're caring for feels. Ask providers for medical and care information in simple terms.
- **Research care services.** Find out how hospice, palliative care, or in-home nursing may improve quality of life, and what they cost.
- **Learn about legal documents.** Talk to professionals like attorneys, estate and financial planners, and other advisors.
- **Be honest with your employer.** Communicate about your caregiving tasks. Ask about trading shifts with co-workers, telecommuting, and other options.