

My caregiver planning sheet

Plan together around the patient's preferences, privacy, and daily needs.

Name: _____ Date: _____

What matters to us

Patient preferences / information they want shared / with whom:

Primary helper / backup helper / phone numbers:

Divide the practical tasks

Appointments and notes - person / day:

Transportation and meals - person / day:

Home, children, or pets - person / day:

Medicines: help requested and treating-team instructions:

Caregiver rest and backup support - person / day:

Check in and adjust

Next check-in / what needs to change:

Personal planning aid. Record individualized instructions from your care team.

Exploring care at Sunridge Medical?

Contact our team to discuss your situation and learn about scheduling a consultation. Call 1-800-923-7878.

[sunridgemedical.com/contact-us/](https://www.sunridgemedical.com/contact-us/)

