



Carewell
THE CAREGIVERS SHOP

2022
Plan Your Caregiving
THE ULTIMATE GUIDE

What's in this guide?

Getting Started: A 5-step plan

Month-by-month calendar

Inspiration & help: Curated resources

A Five-Step Process for Developing Your Caregiving Plan

Determine the level of care

- 01 Ask yourself questions like: What's their health status? Do they take medication? What types? Is there a schedule? Is your care recipient relatively mobile and independent or do they use a wheelchair and require assistance?
-

Establish a caregiving team

- 02 Caregiving isn't an individual effort. You need a support system to prevent overwhelm. Try splitting up responsibilities so no one feels the weight of the world on their shoulders.
-

Collect the necessary supplies

- 03 To help your loved one remain healthy and happy, it's important they have access to supplies like mobility devices, medication, nutritional supplements, and incontinence products.
-

Be aware of seasonal changes

- 04 Caregiving is like anything else in that different seasons present different challenges. Prepare yourself for change.

Never stop learning

- 05 Over time, your care recipient may experience more serious challenges, like mobility issues or a decline in cognitive function. Reading about your loved one's diagnosis can help you prepare for what's to come.
-

Read more details



SCAN CODE

A Caregiving Plan for 2022 - Things to Consider Each Month

01

JAN



1. Evaluate your caregiving plan
2. Areas for improvement?
3. Expected challenges?

BLOG TO READ



How to Become a Caregiver for a Family Member

02

FEB



1. American Heart Month
2. Replenish first-aid kit
3. Check medicines & expirations

BLOG TO READ



Caregiver's First Aid Kit Essentials

03

MAR



1. Spring cleaning
2. Remove hazards
3. Prepare for warmer weather

BLOG TO READ



How to Become a Caregiver for a Family Member

04

APR



1. Stress awareness month
2. Set aside time to rest
3. Walk or mild exercise

BLOG TO READ



7 Signs of Caregiver Burnout

05

MAY



1. Consider a doctor visit
2. A yearly check up
3. Replenish medical supplies

SHOP



Shop Carewell for Medical Supplies

06

JUN



1. Summer vacation & travel
2. Evaluate travel plans
3. Make a checklist

BLOG TO READ



Comprehensive Travel Guide & Downloadable Checklist

A Caregiving Plan for 2022 - Things to Consider Each Month

07

JUL



1. Plan for warm weather
2. Planning a pool or beach trip?
3. Spend time outdoors

BLOG TO READ



How to Enjoy the Pool & Beach - Even with Incontinence

08

AUG



1. Small hike, if possible
2. Be outdoors before it gets cool
3. Check first-aid kit & essentials

BLOG TO READ



Caregiver's First Aid Kit Essentials

09

SEP



1. World Alzheimer's Month
2. Check Carewell.com for deals
3. Consider a Fall check-up

BLOG TO READ



Full (Fun) List of Fall Activities for Seniors

10

OCT



1. Winterize your home
2. Check your home heating
3. Take stock of warm clothes

BLOG TO READ



8 Tips to Keep Your Care Recipient Warm

11

NOV



1. Consider a doctor visit
2. A yearly check up
3. Check FSA & HSA funds

SHOP



Shop Carewell.com for Great FSA HSA Deals

12

DEC



1. Take note of any learnings
2. Plan for the next year
3. Enjoy the holidays

BLOG TO READ



Comprehensive Travel Guide & Downloadable Checklist

Curated Resources

Technology Resources to Help You

www.lanaCare.com

Build your care network.

www.CaringBridge.com

Caregivers share updates with friends & family.

www.LotsaHelpingHands.com

Create your own caregiving community

<https://wairco.com/pages/apple-airtag-cases-for-elderly>

Case for Apple AirTag for dementia patients.

Caregiving Communities

www.TheCaregiverSpace.com

Resources and social groups for caregivers

www.CaringBridge.com

Easy for caregivers to share health updates with friends & family.

www.NAFC.org/message-boards

Great place to vent, ask questions, or get advice

www.AgingCare.com/caregiver-forum

Great place for questions, support, and advice

Social Ambassadors

Theresa Wilbanks

[instagram.com/sustainablecaregiving/](https://www.instagram.com/sustainablecaregiving/)

Elizabeth Miller

[instagram.com/happyhealthycaregiver/](https://www.instagram.com/happyhealthycaregiver/)

Clelia Pergola

www.cleliapergola.com/

Social Ambassadors

Carrie Aalberts

[instagram.com/dementiadarling/](https://www.instagram.com/dementiadarling/)

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[instagram.com/thedementiaguru/](https://www.instagram.com/thedementiaguru/)

Kris + Mary

[instagram.com/lifewithgrams/](https://www.instagram.com/lifewithgrams/)

Erica Steiner

[tiktok.com/@badasscaregiver](https://www.tiktok.com/@badasscaregiver)

PRODUCTS & SUPPORT

Carewell.com offers a wide variety of products at competitive prices. Speak with our customer service 24/7.

Shop anytime. Call us anytime you need help.

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