



Caregiver Starter Pack

Practical tools to help you get started

A simple starting point for navigating care

Getting started

Caregiving often begins without warning.

This pack provides a simple way to get started.

Use what is useful. Return when you need to.

First Steps

- 1 Inform your doctor**
Make sure your primary care physician or doctor is aware of the situation.

- 2 Request an assessment of needs**
Contact your county or state services to request a healthcare assessment.

- 3 Understand who is involved**
Identify which professionals or services are already involved in care.

- 4 Stabilize daily care**
Focus on immediate needs such as medication, meals, and safety.

DAILY DIARY

Daily Diary

DATE

CARE PROVIDED

CHANGES OR CONCERNS

CONVERSATIONS

ACTIONS TAKEN

NOTES

What to record

Keep notes simple and consistent.

Record:

| Care provided

| Changes or concerns

| Conversations

| Actions or decisions

In practice

You may not be told what to do next.

You may need to ask directly what support is available
and who is responsible.

KEEP IT SIMPLE

Keep it simple

You do not need to record everything.

Short, clear notes are enough.

Consistency matters more than detail.

MORE TOOLS

More tools

Additional templates are available if you need more detailed tracking and support.

Explore more tools and templates at:

[caregiversdiary.org](https://www.caregiversdiary.org)