

BEGIN AGAIN LIVING MINISTRIES

Creating a Caregiver Support Plan

A practical map for daily care, backup help, and caregiver well-being

A COMPLIMENTARY GUIDE FOR FAMILY CAREGIVERS

Compassionate guidance for caregiving, grief, and end-of-life transitions.

From Diagnosis to Goodbye™

Creating a Caregiver Support Plan

A support plan turns scattered needs into a shared map. It does not remove uncertainty, but it can reduce confusion and make it easier for others to step in safely.

Use this guide as a starting point for conversation. Individual needs and care plans may differ.

1. List essential care tasks

Include medications, meals, hygiene, mobility, appointments, equipment, household needs, supervision, and communication with the care team.

2. Identify primary and backup people

Assign a main contact and at least one backup for urgent care, transportation, decisions, and caregiver relief.

3. Keep information accessible

Maintain updated medication lists, diagnoses, allergies, clinician contacts, advance directives, emergency instructions, and preferred hospital information.

Practical Guidance

1. Plan caregiver recovery

Schedule realistic periods for sleep, meals, exercise, worship, relationships, medical care, and time away from caregiving.

2. Define urgent situations

Ask the care team which changes require an immediate call, which number to use after hours, and when emergency services are appropriate.

3. Review the plan regularly

Illness and capacity change. Revisit the plan after hospitalizations, falls, medication changes, new symptoms, or caregiver health concerns.

My Next Steps

- [] Primary caregiver: _____
- [] Backup caregiver: _____
- [] After-hours care number: _____
- [] One weekly relief period: _____
- [] Next date to review this plan: _____

You do not have to carry this journey alone. Support is available, and asking for help is an act of care.

About Begin Again Living Ministries

Begin Again Living Ministries offers compassionate education and support for individuals, families, caregivers, churches, and organizations navigating grief, caregiving, stress, and end-of-life transitions.

Visit: balministries.org

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