

# CARE GIVER

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PLANNER

HEALTHY  
ESSENTIALS<sup>®</sup>

Johnson & Johnson  
FAMILY OF CONSUMER COMPANIES



MAKE TODAY

# GREAT

We know you have a bunch on your plate, but you take it in stride. It's all you. Showing up every day — ready with your nurturing support. We just want to offer a bit of help.

Our planner is specially designed to help you with caregiving, so you can keep on doing what you do.

Use the following pages to track your loved one's well-being as well as vital information you need for caregiving.

**You've got this!**

# A MUST READ FOR CAREGIVERS



Caregiving can be unpredictable because your loved one's health needs will change over time. For this reason, it's important to develop the following three-step process to be prepared for any future issues that might arise. Capturing vital info about your loved one with this planner is just part of the process. For a plan to truly help you stay on the right track, you also need to do the following:

## 1. Evaluate and prioritize

Start by trying to understand all the needs your loved one will have. Assess his or her mental and physical medical conditions. Figure out their coverage — like long-term insurance and even public benefits. Know their finances (Social Security, savings etc.) and even be aware of legal issues that might come up, like power of attorney.

## 2. Build a caregiving team

It's hard shouldering all the responsibility, so you should see if other family members and friends can help. Try to assign roles based on their specific skill sets. Also list all the professionals who will be involved in caring for your loved one like doctors, therapists, housecleaners and others.

## 3. Prepare for crisis

Emergencies and setbacks will happen, so the best thing to do is be ready. Figure out the finances you have available if such a situation occurs. Know who will be able to help you and have a plan for if you have to change your loved one's living situation.

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## CONTACTS



Fill out the information for the professionals you and your loved one rely on the most.

### EMERGENCY CONTACTS

Name:

Name:

Name:

Phone/Email:

Phone/Email:

Phone/Email:

Address:

Address:

Address:

Notes:

Notes:

Notes:

### DOCTOR CONTACTS

Name:

Name:

Name:

Phone/Email:

Phone/Email:

Phone/Email:

Address:

Address:

Address:

Notes:

Notes:

Notes:

# MEDICAL HISTORY



Keep track of all your loved one's health information.  
Print as many copies as you need to handle any adjustments.

## CURRENT/PAST MEDICATIONS

Name	Dose	Frequency	Physician	Purpose/Notes

## MAJOR ILLNESSES & SURGERIES

Dates	Procedure/Illness	Notes

## VACCINATIONS

Name	Date	Name	Date

Notes

Notes



# C♥LENDAR



Fill out all important dates and appointments for a handy reference that you can revise and reprint every month.

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
SUN	MON	TUE	WED	THU	FRI	SAT					

## GOALS

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## NOTES FOR YOU

# HELPFUL TIPS



Here are quick bites of info to help you and your loved one in daily life. You can find more tips at [HealthyEssentials.com](https://HealthyEssentials.com).



## ACTIVITY

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### Allergy alerts.

When you're out and about with your loved one, keep in mind that elm, olive and sycamore trees are notorious allergy triggers.

### Be cool.

Falls and sprains tend to happen more frequently with aging loved ones, so be prepared when it happens by immediately icing the ankle and keeping it elevated.



## CONNECT

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### Back to school.

Take a class with your loved one. Make it something that you have a mutual interest in or something tech related, to help him or her stay better connected with family and friends.

### Get cooking.

Preparing a cherished family recipe is a great activity you and your loved one can share together.



## WELLNESS

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### Keep covered.

Be sure your loved one has sun protection, like a wide-brimmed hat, and use a broad-spectrum version of either a mineral or chemical sunscreen (rated to at least 30 SPF) that blocks 97% of the sun's rays.

### Avoid the aches.

Arthritis can cause your aging loved one to struggle through the day, so be sure you help by keeping him or her active to increase blood flow, improve flexibility and strengthen muscles.



## SAFETY

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### Stop a stumble.

An aging loved one's balance tends to worsen. To prevent falls on steps in the home, mark tricky spots with brightly colored tape.

### Get smart.

To further ensure your loved one's safety, even when you're not there, invest in monitors, thermostats and other household devices that you can monitor from your smartphone.



## NUTRITION

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### Freshen up mealtime.

Your loved one might have a sweet tooth and love snacking, but try limiting processed foods rich in fat, salt and added sugar — instead, serve more fruits and veggies.

### Healthy substitute.

Instead of hamburgers, cook salmon, which contains high levels of omega-3 fatty acids that can lower triglycerides.



## TIPS FOR YOU

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### Relax and recharge.

Some days you can be spread pretty thin, so be sure you take a moment to relax by simply closing your eyes, clearing your mind and calmly breathing for at least 30 seconds.

### Just say no.

Being a caregiver means you already have a full plate, so if it gets to be too much, don't be afraid to say no to requests that don't need your immediate attention like neighborhood potlucks or spring tag sales.

# WEEKLY TRACKER



Keep tabs on how your loved one is progressing every day.

## M

Breakfast	Lunch	Dinner
Working Out <input type="text"/>	Duration <input type="text"/>	Water <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

## T

Breakfast	Lunch	Dinner
Working Out <input type="text"/>	Duration <input type="text"/>	Water <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

## W

Breakfast	Lunch	Dinner
Working Out <input type="text"/>	Duration <input type="text"/>	Water <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

## Th

Breakfast	Lunch	Dinner
Working Out <input type="text"/>	Duration <input type="text"/>	Water <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

## F

Breakfast	Lunch	Dinner
Working Out <input type="text"/>	Duration <input type="text"/>	Water <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

## S

Breakfast	Lunch	Dinner
Working Out <input type="text"/>	Duration <input type="text"/>	Water <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

## Su

Breakfast	Lunch	Dinner
Working Out <input type="text"/>	Duration <input type="text"/>	Water <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

## CARE FOR YOURSELF



Don't forget to carve out some time for yourself. And remember, you have a lot on your plate, so stay in tune with your emotions.

Things to do for me

  
  
  
  
  
  
  
  

Personal notes

How I would rate this week

①    ②    ③    ④    ⑤

Not so great

Great