

# “Empowered to make a difference: A practical guide for caregivers of loved ones”

Provided by:  
Lifestyle 55+ Network Inc.  
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*To be a carer is to give of one's self; to be unselfish; to be focused;  
to be strong; to share; to be patient and, to love;  
while often being over worked and underpaid.*

*Yet, once you come to experience the pure joy of knowing how special a  
role you play, you can then begin to understand how empowered and  
strong you are. It only takes a simple glance and a sparkle in their eye  
to say...*

*'Thank You!'*

Lifestyle55+ Network Inc.  
[www.SeniorCareAccess.com](http://www.SeniorCareAccess.com)

Caregiver: There is so much meaning behind that one word.

The definition of a caregiver in the Oxford Dictionary is "a family member or paid helper who regularly looks after a child or a sick, elderly or disabled person". It's a definition in its truest form - it takes away the personal and emotional to leave us with a 'meaning' but it really leaves out everything important about the role - the role that may be the most important one you have in your life. For many, its a role you are thrown into, without warning or training. One that demands of your physically, emotionally and spiritually. You learn 'on the job' and are faced with moments of sadness, anxiety, triumph and joy, to name only a few.

This guide is designed to acknowledge both the importance of your role as caregiver and the heavy toll it takes on you and those around you. It is not meant to take anything away from the challenges your loved one is facing or the impact of illness or infirmity, but instead, to recognize that caregivers are also impacted by those challenges. In their role as witness and care provider, the effect on them is often discounted or diminished because they are not the person directly experiencing it.

Caregiving is a very personal experience. As a result, it is very difficult to create a guide that works the same way for everyone. You and your loved one are unique; our hope is that you will be able to use this guide as a tool as you move towards being an empowered caregiver. This guide was designed with you in mind, based on expert knowledge as well as personal experience and those of our clients. We hope you will use it as a foundation for enhancing your caregiver experience.

This guide is intended to bring awareness to the importance of the role you play as the caregiver for your loved one. If you, the carer, can build confidence, improve your environment and understand your role, you can be empowered to deliver a much more fulfilling experience, for both yourself and your loved one, while reducing your burden and stress.

Disclaimer:

This guide is not medical advice. Always consult with your doctor or healthcare professional about any concerns you may have or feelings you are experiencing and follow their professional advice. Although this is a guide, any information offered is at your discretion. The author, the company or it's affiliates shall not be liable for information as advice or as a replacement for Professional/Medical Advice and is offered as 'our opinion' only.

This document was created prior to **Covid-19** - please apply any protocols and safety measures to any aspects of this document.

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**Dedicated to our parents.  
Thank you for continually teaching us even through the most difficult of situations.  
Because of you we are able to share and empower others.**

***Paul and Esther***

## Being Happy

For many, being the primary caregiver (or just simply being around) can be very invasive and overwhelming. It can often lead one to ask, 'Why me?' or 'What about what I want to do?' As time passes, friends, family and neighbours may begin to come around less often and you may feel even more isolated, frustrated and even angry about this role you have taken on whether it was by choice or circumstance.

We begin this guide with the title of 'Being Happy' because we realize that if you, the caregiver, are not in the right frame of mind or emotional state, the care you provide, or the overall emotional environment, could become very toxic not only for you, but for your loved one as well.

Do you remember the last time you laughed, I mean *really laughed*? How did you feel? Did you forget all your stress and worries? It feels good and, it's good for you. Try some activities that will make you laugh. You can share the experience or, you can keep it for yourself and 'go back' whenever your stress builds. There is plenty of evidence about all the benefits laughter offers\* but, here are a few suggestions that you can do to get your belly sore and empower your emotional wellbeing.

- Watch a funny movie (I find the oldies to work best)
- Google search - funny jokes
- Youtube search - 'Funny people'
- Have a look at this 'ELLEN' link talking about the benefits of laughter <https://youtu.be/80hcQJuo6NE>
- Attend a laughing Yoga class
- Make faces in the mirror
- Sit face to face with someone about 1' apart. Don't say anything and try not to laugh, just remember it's okay to laugh.

Whatever you do to get yourself in a good, positive mindset...do it, and remember doing it, so that if you get bogged down during the day you can stop and mentally go back and re-charge! It is best to use laughter in the morning as it will set the tone for the entire day.

A note about Naysayers – Some people's purpose in life is to bring you down and keep you there. It may be a way for them to feel good about themselves or they may simply not know any better. In any case, surround yourself with POSITIVE people, genuine people, caring people. If someone is pulling you down ask them to leave or better yet, remove yourself! You are caring for someone that is relying on you, you don't want to bring that negativity to them.

**You've got the power!**

## Don't Complicate It

Often we get bogged down trying to do too much. We may take too long because we are trying to get ALL the information we can and then get overwhelmed because we have more to do than hours in the day. Or, we rely on others and because they are not doing what they promised, we take it on ourselves.

Being a caregiver is about doing what you can; doing the best you can in the time you have and with the resources available.

Sometimes the best way to know what you can do is to know what you can't do or, what you don't like to do. You can use alternative methods to manage the things you don't like or don't want to do. Staying positive and not getting frustrated allows you to focus on what you can do. For the areas that you can't or don't want to do you can:

- Hire a professional caregiver/PSW for several hours
- Call in other family members and ask them what are they are willing to do
- Don't be too proud to ask for help (favor). People love to know they can offer assistance. Ask, don't order!
- Prioritize – create a daily list, weekly list, monthly list and begin working on 1 thing at a time.
- Work with a professional consulting service

Note:

We have heard dozens of times “we can't afford help”. Think of it in these terms...if you get caregiver burnout, who will care for you and the person you are caring for? That will cost much more than 3 hours/week of hired assistance or developing a professional plan!

***Recognizing potential problems is just as important, if not more important, than being able to cope with them. Make a choice while you have the power to do so otherwise circumstances will make them for you!***

continued...

## **Doing what you can:**

You were not trained as a professional caregiver, so, why are you putting so much pressure on yourself to be one? To be a professional, takes hours upon hours of experience, and often years and years of education and training – just do what you can and ask for help when you can't.



## **The best you can:**

Whatever you do, whatever capacity you do it in, whenever you do it...do it to the BEST of your ability. Don't doubt or place guilt on yourself – you can only do what you can...just do it to the best that you can. We often think that we need to be the best at everything, taking on all the roles. Keep in mind, 'SuperMan' is a fictional character.

**Be sure you can do it again:** The person you are caring for needs you to care for them. You are only a caregiver for them if you are around and able to do so. Take the time to be sure you are re-charged. Take time off or away, no matter how guilty you feel. Ask for help so that you can do this...be Happy! Having a breakdown or experiencing burnout leaves the person needing care, and you, needing care as well.

**You've got the power!**

## Understanding Your Role

As a carer we often feel that we need to do everything for the person we are caring for. Although this may be partially true of the role of caregiver, it may not be completely true for your loved one. Here's an example. If a Mom were to always tie little Johnny's shoes, would Johnny learn to tie his shoes or would he be dependent on Mom doing it? Is he really unable to tie his laces or is Mom feeling the need to do it? This is similar in caring for your loved one. Unless they are 'unable' to do something, allow them the time and, offer them the resources and tools they need to complete a task – give them the task – just be sure they are safe while doing it. Your role is not to do it for them, your role is to provide guidance and assurance within a safe environment.

Think about all the things we use that assist us daily to improve the efficiency of tasks and our overall quality of life: A pair of gardening gloves protects our hands from damage. Eye glasses improve our vision. Search engines deliver almost instant information. A furnace keeps us warm. The list is endless yet all these things, resources and technology alike, don't do things for us, they assist us – they empower us to do more. Your role is not to do everything, rather it is to empower the person and provide an improved quality of life experience as best as you can.

Think of yourself as:

'The wind beneath their wings'  
'The gas in their car'  
'The voice when they have none'  
'The arms that carry them'  
'Their wingman'  
'Their right hand man' or woman'

They are still in the driver's seat; you're simply navigating as a team.

You may have experience as a caregiver for someone before or you may not; in any case, understanding that you are an individual and your loved one is an individual is the start of being able to care for them as they need and want to receive it.

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## Be Empowered



Launching in 2021, Senioropolis will be creating a 'positive' and 'feel good story' website designed for seniors and senior living resources and services. This site is free to use.

<https://www.senioropolis.com/>

**You've got the POWER!**





## Your Environment

Being a caregiver involves taking on many different roles and tasks as well as different levels and types of caring. No matter the level of difficulty, the challenges or the type of care, the environment you are in can greatly impact the quality of care you deliver. We have broken the environment segment into several areas, so that you can understand their importance, their relevancy and, your ability to prepare each of them.

### Physical Environment:

Your physical environment is the actual surroundings and the physical items in it.

**Your Home** - We all make our house our home by placing personal items in it and decorating it to our taste - it's what makes us comfortable. However, now that you are a caregiver (and assuming you are caring for a loved one in your home or their home) it is important to recognize certain dangers and difficult situations that were never a concern before. If you are caring for someone with dementia or even significant physical limitations, keep in mind that there are many challenges they may have to deal with that they previously did not.

For example: If a person begins to shuffle their feet – carpet runners, area rugs or transitions could pose a tripping hazard. If there is clutter on the floor or your home or is full of worldly possessions that make it difficult to get around, these can become an issue. Too much furniture may also pose unique challenges.

**Lighting** - Often eyesight is a challenge as we get older. Having dim lights or dimly lit rooms may have added 'ambiance' before but now, may be complicating their ability to see, thus reducing their interest in the goings-on in that room. The opposite of a dim room is bright sunshine or bright lights. These could also effect the vision and the enjoyment of that room. Establish a happy medium...ask them.

We could go on here, but the idea is to really look at the challenges your loved one is having, or may have, in order for you to prepare your environment so that it is easier on them and YOU! Here are few areas to look at: stairs, handrails, bathmats, bedroom lighting, stove, proximity to radio/TV, favorite chair/room, excessive furniture, boxes, piles of magazines, height of their bed, distance to the nightstand – walk around your house and really take a look at what's not needed.

## Emotional

Your emotional environment is very important for you and the person you are caring for. As difficult as it is, you need to begin preparing yourself with the ability to fight off the difficult days and keep yourself up beat. Find out what makes you happy (we discussed this) and, what can trigger you to turn a negative emotion into a positive emotional state. This is also true in identifying what triggers a negative emotion.

You can try (positively) activating your senses to help you figure this out:

**Smell** – Do you have a favorite candle scent? Purchase the scent oil only and take some time to close your eyes and take in the emotions that scent offers you. Or try baking a favourite dessert and note how the scent makes you feel.

**Visual** - Look at a photo of a great trip you took – visually taking in the photo can take you back to the feeling you had being there. Maybe you still have a jar of sand or small souvenir! Buy yourself, or better yet ask someone to buy, fresh cut flowers and set them where you see them.

**Audio** – There are many CD's/apps designed to recharge, however given today's technology ask your child or grandchild, to set you up with a play list or a free streaming service - there are dozens upon dozens of music genres FOR FREE!

**Your Body** – There are many lotions and potions that people use to recharge their bodies that allows them to enter a better emotional state. Everyone is different but, don't be afraid to try something new. You could:

- Get a hand massage (full body, half body, aroma therapy etc.)
- Try a light yoga class
- Take some time to soak up a sunny day
- Take walks - try something different, perhaps near a creek or park
- Try some herbal tea or a different variety of coffee
- Take a nap (see if your loved one would like to take one too!)
- Do a light exercise activity (shoulder rounds, arm circles etc.; get your loved one involved too!)
- Try a light meditation class or video
- Try Aqua fitness – low impact and refreshing for both you and your loved one

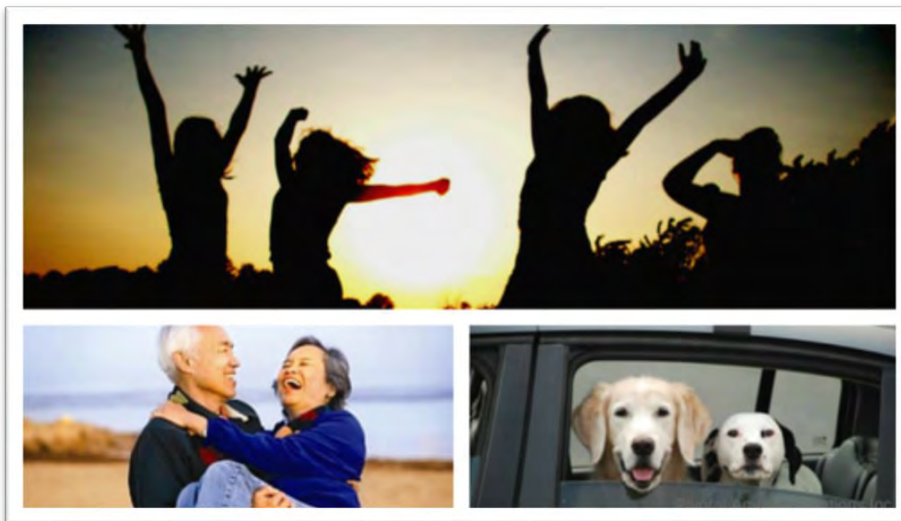
## Mental

Your mental state is what powers you to move forward (or not). Working on all of the areas discussed above will offer you a good foundation for a positive mental state and improved surroundings. However, sometimes outside influences work at breaking down our mental strength. The best way to feed your mental strength is to avoid the negative influences that surround you, especially people who are negative, have nothing nice to say or, simply leave you feeling empty. Begin to surround yourself with those that make you happy, add to your quality of life and empower you. When you surround yourself with positive influences, you have no alternative but to be mentally charged and feel positive yourself.

## Family

Continuing on the topic of mental environment, family is your first point of influence. We have met families with very good family support and, we have met families that are simply shattered and offer nothing but road blocks.

Caring for a family member is often left on the shoulders of one member however, it is important that you involve the other members, being very selective to call upon their assets and 'delegate' certain roles or tasks. If your family has difficulties having family discussions, speak to your Doctor, religious leader, or community seniors resource person, for guidance. Although people are reluctant to talk about difficult choices and conversations, it is much better to raise issues early on, before a crisis occurs and circumstance forces it.



Have you ever seen a young child behave exceptionally well when interacting with others yet the moment Mom or Dad comes in they become a different child? Families are kind of like that - we are on our best behavior with others yet when we deal with our family things become chaotic. Sometimes all it takes for a family to move forward is the support of a 3rd party professional. Many of the clients that work with SeniorCareAccess' consultants benefit from the consulting process. Each person is listened to - understood and becomes a part of the solution or the process of achieving the objective set by the family or client.

<https://www.seniorcareaccess.com/consulting>

**You've got the power!**

## SAFETY

The topic of safety applies to many of the topics we are discussing; personal safety, home safety, medication safety, abuse and others. As a caregiver you have taken on the role to not only care for yourself but also, for your loved one. You should begin to create a safety list or 'Things to look for' and share it with those interacting with, and around, your loved one. : For Example:

House safety:

- (Note: we suggest you consult with an Occupational Therapist)
- Placement of rugs - furniture - clutter
- Medication accessibility
- Stairs - are there any? are they safe to climb?
- Bathroom environment (make personal hygiene accessible with grab bars, raised toilet seats, GFI outlets, etc.)
- Avoid unnecessary movement within difficult areas of the house (e.g. do they need to go into the basement to get the potatoes?) Maybe rearrange the 'needed' items to be on the main level.
- Cooking may become more difficult – so monitor the goings on and look for tea towels left on burners, expired food, reaching for appliances or dishes in a high cupboard. Don't prevent them from doing it...just make it safe and easier to access.

Visitors, strangers and abusers:

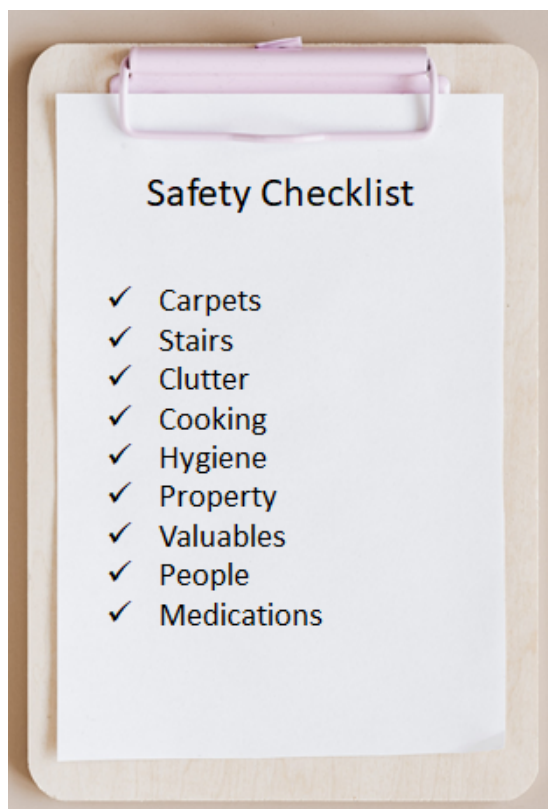
Visitors and interaction with others is always a good thing however, it is wise to monitor who is coming in contact with your loved one, remember you are keeping an eye on them and protecting them – keep them safe.

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## Securing valuables:

Hiding things from your loved one or simply taking them away, may cause confusion and blame. Assess your situation and with a 'buddy' (we will discuss this in the next topic) and develop a safe area to place valuables so they are not easily accessible by visitors or unwanted hands. A few ideas are:

- Safety deposit box or home safe
- Make an inventory and have a family member or trusted person care for these items
- Consult with your advisors: bank, lawyer, financial advisor etc. and include your loved one in the conversation
- Host a family meeting to explain your concerns and why you are developing a plan
- Speak with your lawyer to establish Power of Attorney's (POA). This could be beneficial in protecting them from fraud, door to door sales and financial abuse. It will also outline who has the authority for finance, healthcare, and property decisions.
- If there isn't an up-to-date will, speak with your lawyer to create a Will for your loved one – a Will outlines your loved ones' intentions in the event of death.



**You've got the power!**

## Call a Buddy

Isolation can be a debilitating experience for your loved one and for yourself. Sometimes family will avoid visiting or calling simply because they don't know what to do or, they find it awkward to communicate with you/your loved one or, they might think you're doing such a great job you don't need them.

Be sure to share *your need* for them emotionally and physically.

Begin to build your personal 'support group', 'Your Team'. Choose people that are good listeners not talkers! People that can lift your spirits, share a laugh and help you with issues or concerns. Maybe your sister, a friend, neighbour, doctor, therapist, clergy, group or organization. You don't need many, just a few key people you can rely on. This will become your support group. You will be able to call upon them if and when you need encouragement, advice and even personal space to recharge.



**Consider who you include in your support team. Try to include people that bring you positivity, encouragement, able to help and willing to help!**

**Try not to involve people who 'take from you' or 'draw your energy' from you.**

**You've got the power!**

## The Joy of Being Unappreciated

Throughout our entire lives we seek the approval, love, respect, recognition and appreciation of others.

- As children we look towards our parents and teachers.
- As teenagers we look towards our group of friends.
- As we enter the workforce we look towards our bosses for recognition in hopes of advancement.
- As parents we want (expect) our children to love and respect us back.

As we get older our desire doesn't really change. If I do a good job...I want to hear it! If a ballplayer hits a home run...he wants to hear it! You still want to feel the love from your children no matter how old they are!

So why does it become difficult to receive praise as a caregiver? It is often a thankless, unrecognized job even when the person you provide care for may not be able to function without you. Sometimes family members pressures you or simply avoids you. Why would you do this if there is no reward? We hope you answer because of Love. Because you know the person is still inside. Because they need you. Because you are special and it takes a very special and powerful person to do it. Just the very fact of you reading this has put you ahead of the pack.

All of the above is true. The person you are caring for needs you. They require a special person to be an extension of who they are, to be their voice, to be their muscle. In most cases caring for someone starts off slowly. The person says thank you, they ask nicely etc. Often situations become more difficult, more intense, sometimes even angry and nasty. Remember your power – Teflon (wo)man! Nothing sticks to you! What the person may say, the anger they aim towards you or the insults, are not really intended for you.

Ask yourself, – would they have done or said that before needing care? A nasty person is not going to become a nice person as they progress requiring care but, a nice person may become difficult.



you're  
amazing



Thank you  
for caring



YOU ARE SIMPLY THE  
BEST



Couldn't do it  
without YOU!



continued...

Be patient, be strong, be powerful.

If they no longer thank you, take solace in knowing that we have experienced this and we understand just how difficult it can be. Your job, your volunteering to care for them, is appreciated, even if they don't know how to say it. You are loved. You are strong. They may not act as the person they once were, they may say things they would never have mentioned or whispered and, you know that.

They need you most when they don't know they need you most.

This is the joy of being unappreciated.



**You've got the POWER!**



## Being Organized

We are all different; unique in how we view issues, our beliefs, values and many other things. Some are morning people, some are night owls, some are organized and some thrive in chaos. Regardless of the type of person you are, or how you function best, being a caregiver means you will have to be organized so you can deliver the care in a way that meets your loved one's needs and schedule as well as your own.

Being organized is not about being tidy – rather about knowing where the information is when you need it, knowing who to call when, knowing what needs to be done and having an understanding of the person you are caring for.

If you like sticky notes – use them. If you prefer to keep a journal – write it. If you jot things down on little pieces of paper – no problem...but organize them so you know where they are and in what order.

Here are a few examples of being organized and not being organized as a caregiver

(our suggestion is that if you fall into the 'not so organized' category, you consider reviewing and implementing some or all of the 'organized' suggestions):

### Organized

### Not so Organized

#### Medications:

- Keeping all medications in the same cupboard
- Organizing the medications in a weekly dispenser
- Keeping a journal of what the medications are for and why

- Keeping all medications in several drawers on different levels of the house
- Opening each medication and taking the dosage based on memory
- Attempting to remember what each medication is for

## Appointments

- Using a calendar to mark all appointments and their details
  - Using a tablet/journal to create notes, lists and details and being able to carry it with you
  - Bringing a list of all medications or adding a photo of the labels to your smart phone
  - Writing down questions you may have so that you don't forget to ask
- Taking an appointment card and adding it to all the other appointment cards you have
  - Attempting to remember all the details from memory
  - Not bringing medications and working off of describing them by color, shape or size
  - Leaving an appointment with unanswered questions or directions

## Daily Routines:

- Creating a daily likes and dislikes list e.g. likes to view the newspaper and have a coffee when waking up
  - Knowing good times/bad times for activities e.g. prefers to shower before bed; is calmer 1 hour after breakfast; enjoys watching favorite TV shows at a certain time; enjoys a nap or quiet time
  - If you need to be busy ask them what they prefer. Go in another area to be quiet, watch TV or rest. Sometimes they will want to be with you so do factor time in for that.
- Disrupting their routine can cause undue stress
  - Having them do activities when they are tired, too hot or too late causes stress
  - Not allowing them to do what they enjoy (TV) because you don't think it's important
  - Being constantly busy or active adds to their stress.

## Progress:

You will be better equipped to convey the details of what is happening with your loved one to professionals, if you create a journal. Journaling will also allow you to measure their abilities and interactions over a period of time, not to mention sharing that information if and when you need to have someone assist you or loved one. You will also be able to track what works well and when, as well as know what doesn't work and when. Remember, try not to be the ONLY carer. Be the primary carer but, share tasks with your family and 'Team'.

If you are tech savvy, there are many Apps and computer programs that you can use however, working 'old school' is fine also. If you don't know how to scan your pen and paper information to a computer or email to a professional, simply ask your children for assistance. Free sharing apps can be used to store information and share with only those you invite to be part of your care group. Dropbox - Microsoft teams, etc.



As indicated in this excerpt from the University of Rochester Medical Centre, writing your own journal can help you in many ways.

One of the ways to deal with any overwhelming emotion is to find a healthy outlet in which to express yourself, which makes a journal a helpful tool in managing your mental health. Journaling can help:

- Manage anxiety
- Reduce stress
- Cope with depression

Journaling helps control your symptoms and improve your mood by:

- Helping you prioritize problems, fears, and concerns
- Tracking any symptoms day-to-day so that you can recognize triggers and learn ways to better control them
- Providing an opportunity for positive self-talk and identifying negative thoughts and behaviors

When you have a problem and you're stressed, keeping a journal can help you identify what's causing that stress or anxiety. Then, once you've identified your stressors, you can work on a plan to resolve the problems and, in turn, reduce stress. <https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=1&ContentID=4552>

**You've got the POWER!**

## The Art of Counting to 3

We wanted to share this tip as it has proven to be beneficial in MANY situations - business, personal and, among complicated family settings. You may have heard the saying, 'words hurt more than swords'. The Art of Counting to 3 is based on the simple technique of counting to 3 before you reply or say something. When someone says something to you and your immediate reaction is to lash out, be angry or say something hurtful, count to 3 and decide if your response will fuel the fire, put out the fire or, if it's worth responding at all. Counting to 3 gives you the chance to decide what YOU are going to do next.

If your decision is to reply defensively or aggressively – you have enough time to know what will come next - a fight, resentment or possibly a lifelong regret... or the peace to know it wasn't worth it.

Sometimes, 'it takes a bigger man to walk away than stay and fight' and although it may hurt because you want payback, it is unlikely to put you in a better position.



So what does the Art of Counting to 3 have to do with you caring for a loved one? Well, as you care for them, they may begin to offer less verbal and physical appreciation and you may begin to feel like a slave. They may also begin to say things that may be hurtful or it may seem as if nothing you do is good enough...use the Art of Counting to 3 before you react to them. Remember, they may be frustrated, angry, tired of doctors or tired of everyone telling them what to do.

**Words have the  
power to last longer  
than scars  
often lasting till our  
dying breath**

This verbal or physical lashing out is a challenge for you, unexpected, or even isolating. Please do not lash back, count to 3 and recognize that they still love you. Call upon your support group, go to your 'Happy Place'. You have the power!

Often a behavior is a reaction to something. Being in a bad mood is typically because of something. Being angry is because of something. Saying something 'hurtful' is because of something. The best way to manage negative behavior is to try to identify what it really means.

The Art of Counting to 3 is designed for you to NOT add fuel to the fire but rather to create an atmosphere to diffuse the behavior.

**You've got the POWER!**

## Do It Now

It is very difficult to offer encouragement to a situation that may be very challenging, yet, as a carer, this is part of your role (both for your loved one as well as for yourself). We have shared many opportunities for you to help yourself feel empowered, encouraged and appreciated. Although this is the last segment of this guide, it is by no means the end for you and your loved one, however it may be the most difficult.

We cannot stress this enough – what you can prepare for NOW will make it so much easier to manage later. Many chronic diseases of the elderly are progressive -either in the long term or, in a short one. It is important that you know and acknowledge your loved one's wishes and begin ensuring they have documented everything they want, NOT because they will pass away in the near future, rather because they may not be able to communicate or express their wishes down the road.

For many of us, discussing end of life intentions and requests is something that is to be avoided. Being prepared with the details of your loved one's wishes however, should be part of your empowerment as a caregiver as it will ease the stress and burden at a time when family should be celebrating the person and, allow you and your family the ability to grieve. We have witnessed, as well as personally experienced, both positive and negative scenarios of end of life planning or the lack thereof and can attest to the fact that planning ahead is a much better route to take than ignoring the inevitable until it happens..

*Encourage them to voice their intentions and wishes.  
Their story began decades ago;  
their legacy begins now!*

Here is a short list of tasks that need to be considered:



# 30

Documents you need

Courtesy of The Accredited Senior Agent™

### The Essentials:

- Updated Will
- Powers of Attorney
- Trust documents
- Lawyer contact info
- Passwords for online accounts
- Last year's tax return
- Funeral home contact info
- Funeral plan documents

### Financial:

- List of bank accounts
- List of safe deposit boxes
- Keys to safe deposit box
- Credit cards, Lines of credit
- Investment Accounts
- Contact person for each organization

### Proof of Ownership:

- House, land, cottage, burial plot
- Mortgage documents
- Vehicle titles/ownership
- Corporate/business agreements
- Stocks, bonds & brokerage account

### Insurance/Retirement:

- Life, car, LTC & disability insurance
- RRSP, TFSA account details
- Pension info

### Marriage & Divorce:

- Marriage license
- Divorce/Separation documents
- Prenuptial/Postnuptial documents

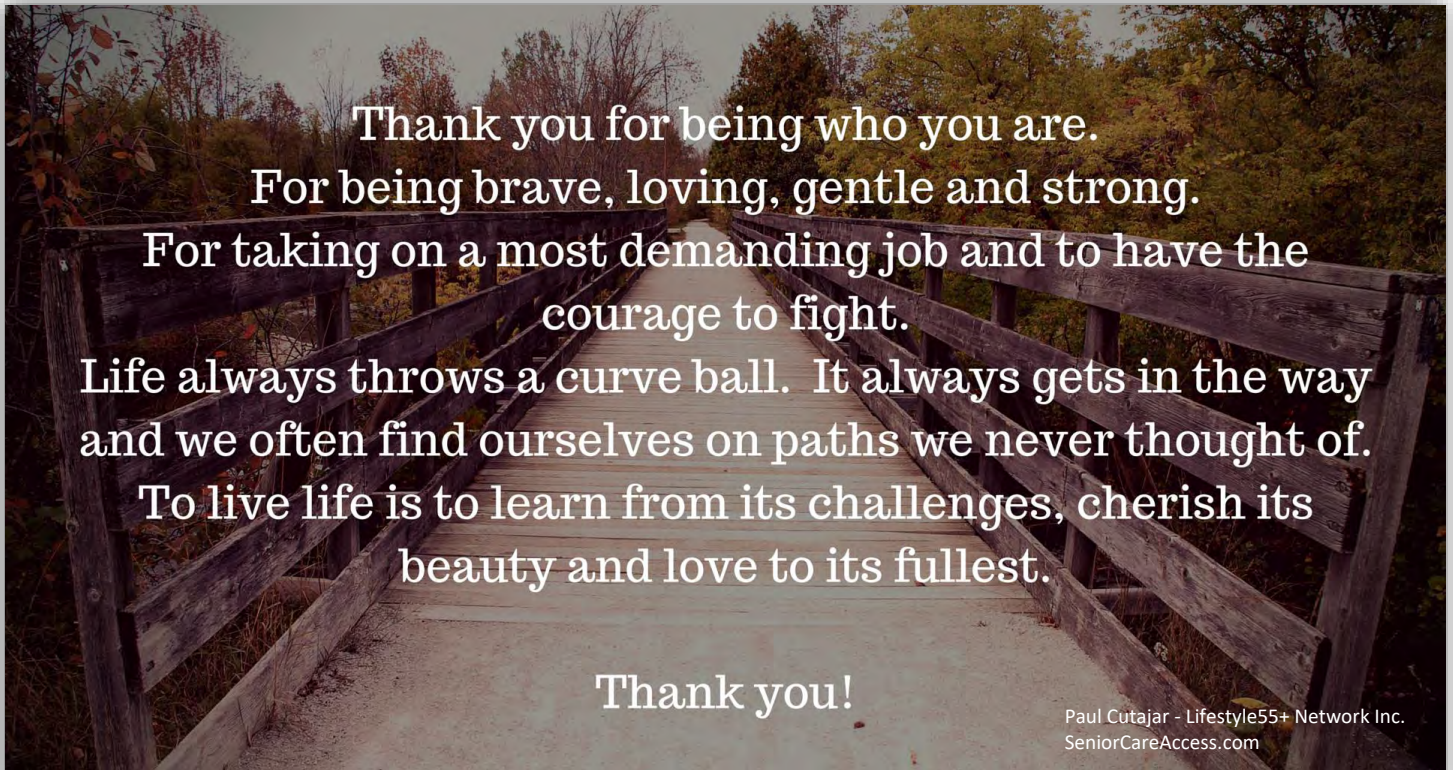
### Health Care:

- Personal medical history
- Family medical history
- Health care insurance
- Power of Attorney
- Organ donation
- Do Not Resuscitate order

### Personal Details:

- Create a family tree
- Update a photo album
- Distribute family heirlooms/mementos
- Create a notification contact list

## You've got the POWER!



Thank you for being who you are.

For being brave, loving, gentle and strong.

For taking on a most demanding job and to have the  
courage to fight.

Life always throws a curve ball. It always gets in the way  
and we often find ourselves on paths we never thought of.

To live life is to learn from its challenges, cherish its  
beauty and love to its fullest.

Thank you!

Paul Cutajar - Lifestyle55+ Network Inc.  
SeniorCareAccess.com

We offer a 40-page E-book titled **Care Planning Workbook** to assist users in documenting important health and financial information for yourself or a loved one. It organizes information into sections – Personal Information, Medical Information, Medications, Insurance, Family Health, Financial, Legal, Contacts, Care Wishes and others - and allows users to complete the data on their computer or by hand, providing enough space to ensure all of your information is in one easy to locate place.

As well, throughout the document there are helpful tips on organizing additional documents, care planning and budgeting. It is concise, organized and easy to use. It will assist any caregiver in accessing important information quickly and efficiently when time is of the essence. This is a must for any caregiver or family member. Visit our store and FREE publications at:

<https://www.seniorcareaccess.com/publications>

To discover more about how SeniorCareAccess.com can assist you and your family with Seniors' Housing - Consulting - Education - Seniors' Service Providers and Marketing please visit us at:

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