A plan for handling the unexpected during a caregiving experience so you can manage life, work and caregiving responsibilities.

# Your Family Emergency Plan

Your booklet includes tools to use to create your plan:

- Family Emergency Wheel and Plan
- Worry and Plan Wheels

## Enhance Your Plan with a Certified Caregiving Consultant

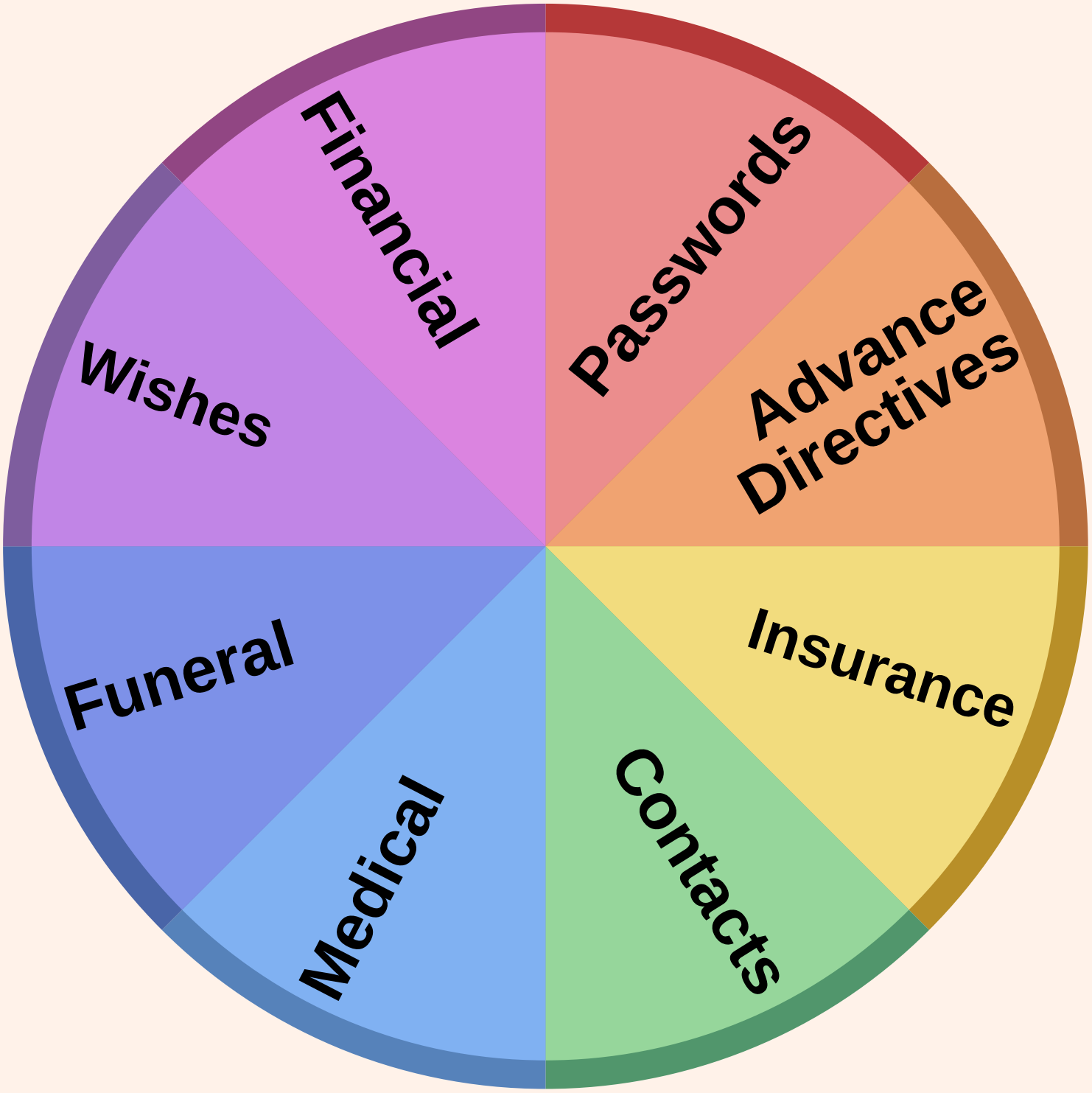
We hope you find our Family Emergency Planning tool helpful. Be sure to share copies of your plan with family members and your health care team.

Our Certified Caregiving Consultants can help you during the planning process by offering insights, ideas and suggestions. Our CCCs care or cared for a family member so understand the importance of planning and working through the worries. A CCC also can facilitate an effective family meeting so that you and your family members agree on your plans. In addition, our CCCs have received special training to create the best Family Emergency Plan for your situation.

Meet our CCCs and connect with the one who best meets your needs via our Emergency Planning Community on CaringOurWay.com.

# INFORMATION PLAN

**Who and what keeps important information so that what's needed can be accessed?**

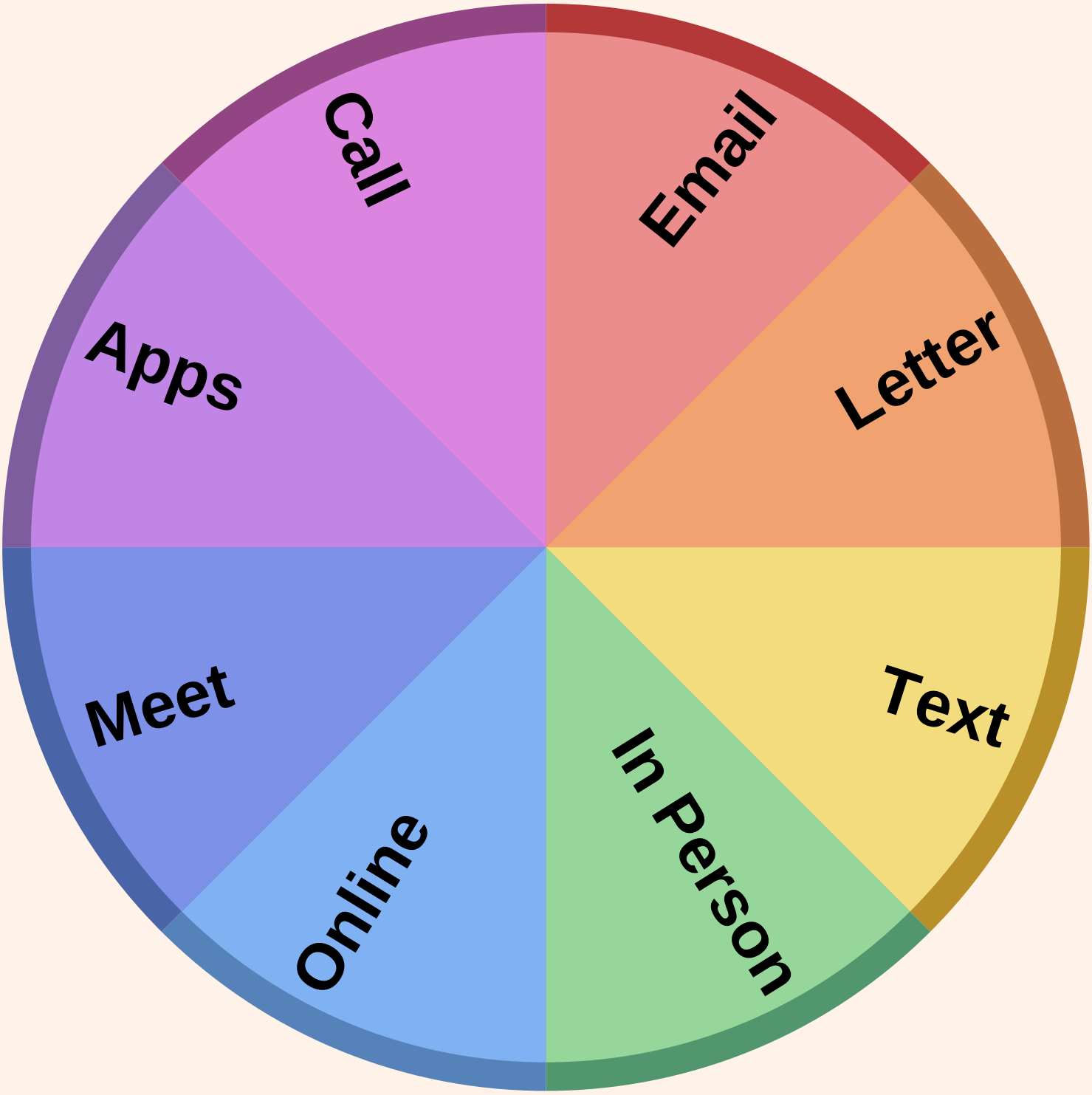


# FAMILY EMERGENCY PLAN

**Caring for a family member can feel like waiting for the other shoe to drop. Without a plan, you can feel at the mercy of the moment. With a plan in place, you can manage the crisis effectively.**

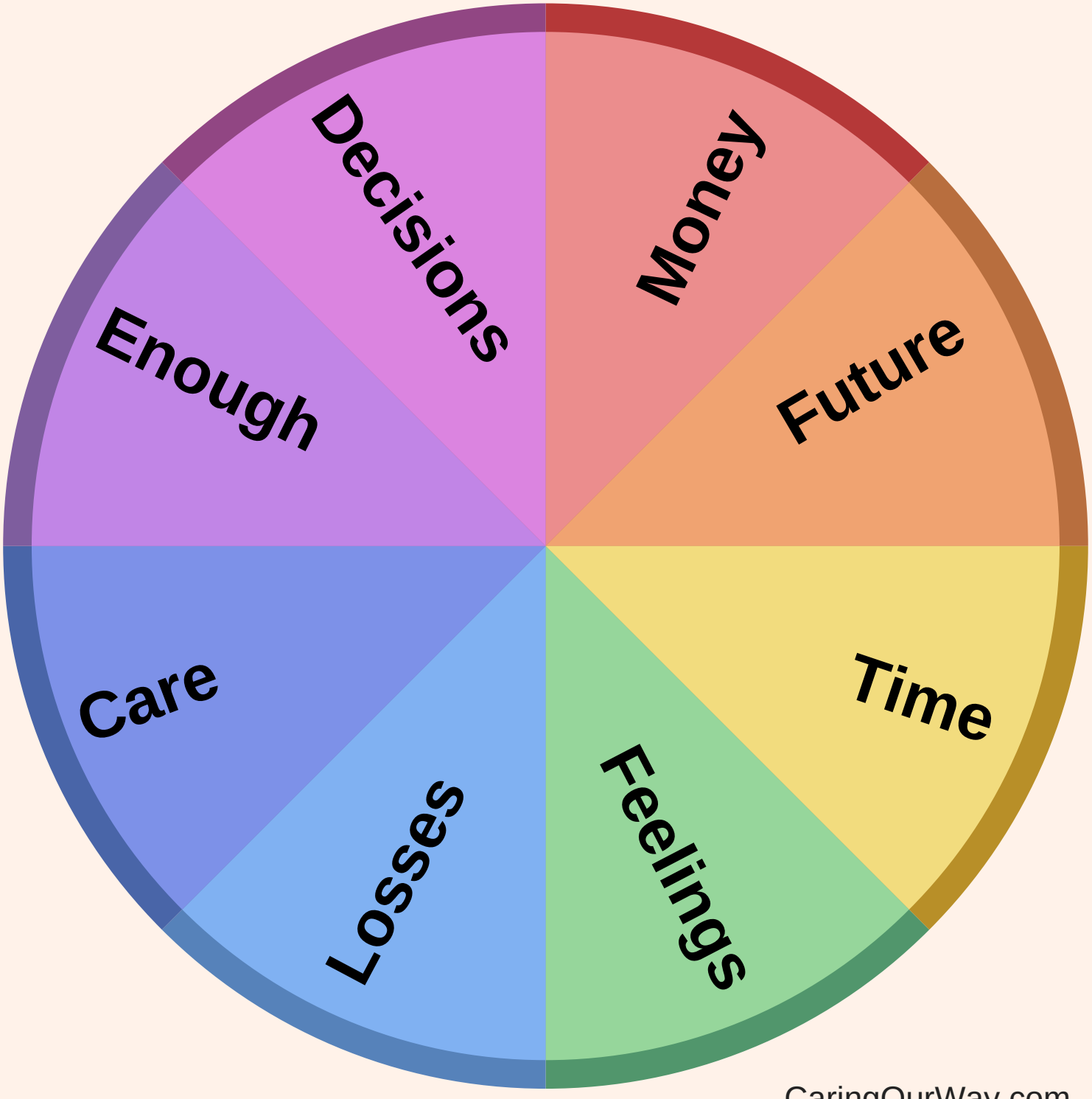
# COMMUNICATING WHEEL

**How will you communicate your plans and requests?**



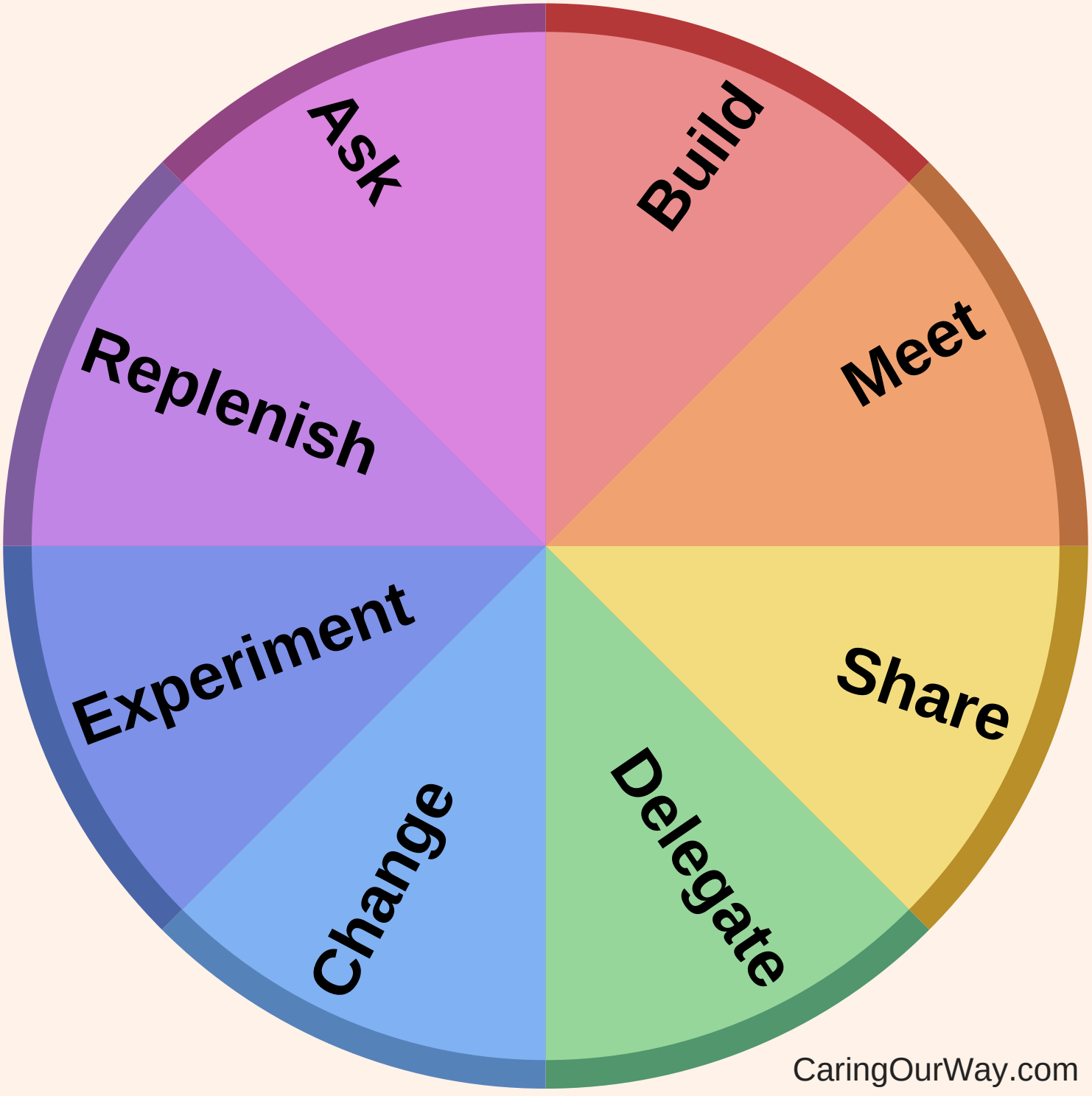
# WORRY WHEEL

**The worries build which can make it hard to understand which worry is the worst. Use our worry wheel to help understand the most pressing worry.**



# PLAN WHEEL

**Every worry needs a plan. Use our wheel to start creating your plan for your worry.**



## My Information Plan

Originals and copies of important information can be found:

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# My Family Emergency Plan

My basic back-up plan:

## My Plan When _____

My Plan:

## My Plan When _____

My Plan:

## My Plan When _____

My Plan:

## My Plan When _____

My Plan:

## My Plan When _____

My Plan:

## My Plan When _____

My Plan:

## My Plan When _____

My Plan:

## My Communicating Plan

My plan for who receives updates, how I'll communicate updates and when I'll communicate them:

## My Communicating Plan

My plan for who receives updates, how I'll communicate updates and when I'll communicate them:

## My Communicating Plan

My plan for who receives updates, how I'll communicate updates and when I'll communicate them:

## Keep Your Plan Current

Update your plan annually or when your situations change. For more support, visit CaringOurWay.com.

Thank you so much for using our Family Emergency Plan!