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

**FAMILY EMERGENCY PLAN**

Your booklet includes:

- Tools to use with your Certified Caregiving Consultant
  - Family Emergency Wheel and Plan
  - Worry and Plan Wheels

Use to The Caregiving Years handbook for additional support, ideas and insights.
INFORMATION PLAN

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

- Financial
- Wishes
- Funeral
- Medical
- Contacts
- Insurance
- Passwords
- Advance Directives

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

- Ask
- Build
- Meet
- Replenish
- Communicate
- Experiment
- Change
- Delegate
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 reach consensus with your plans. In addition, our CCCs have received special training to create the best Family Emergency Plan for your situation.

You can schedule a free 30-minute consultation with a CCC to start the planning process.

Meet our CCCs and connect with the one who best meets your needs: caregiving.com/meet/.
My Information Plan

Originals and copies of important information can be found:
My Information Plan

Originals and copies of important information can be found:
My Information Plan

Originals and copies of important information can be found:
My Family Emergency Plan

My basic back-up plan:
My Plan When

My Plan:
My Plan When

My Plan:
My Plan When ________________________________

My Plan:

CAREGIVING.COM
My Plan When __________________________

My Plan:
My Plan When 

My Plan:
My Plan When

My Plan:
My Plan When ____________________________

My Plan:
Keep Your Plan Current

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

Thank you so much for using our Family Emergency Plan!