

YOUR CAREGIVER JOURNEY

If you are currently taking care of a loved one, this guide is a practical tool to help you get organized, determine their needs and resources and to create your caregiving plan. Regardless of where your role falls on the spectrum of caregiving, [Caring Causes, Inc](#) wants to help make this journey easier.

Caring for a family member or friend is one of the most important roles you will ever play. **EVERYONE'S CAREGIVING JOURNEY IS UNIQUE AND THEIR OWN.**

This guide is set up into sections. You can go from start to finish, or just skip to what most concerns you right now. As your loved ones' situation changes, review the pertinent section of the guide so you can reassess and adjust the caring plan accordingly.

Blessings,
Caring Causes, Inc



CURRENT MEDICATION LOG

MEDICATION/SUPPLEMENT	DOSE	FREQUENCY	W/ FOOD?	PURPOSE/CONDITION
NOTES:				
PRESCRIBED BY:		DATE:		
MEDICATION/SUPPLEMENT	DOSE	FREQUENCY	W/ FOOD?	PURPOSE/CONDITION
NOTES:				
PRESCRIBED BY:		DATE:		
MEDICATION/SUPPLEMENT	DOSE	FREQUENCY	W/ FOOD?	PURPOSE/CONDITION
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PRESCRIBED BY:		DATE:		
MEDICATION/SUPPLEMENT	DOSE	FREQUENCY	W/ FOOD?	PURPOSE/CONDITION
NOTES:				
PRESCRIBED BY:		DATE:		



IMMUNIZATION HISTORY

VACCINE	DATE	AGE	FACILITY	BODY AREA	NOTES

EXAMPLE



INSURANCE & PHARMACY LIST

INSURANCE COMPANY		POLICYHOLDER	
MEMBER / POLICY #		GROUP #	START DATE
PHONE		CLAIM ADDRESS	
WEBSITE	USERNAME		PASSWORD
COPAYS & DEDUCTIBLES		NOTES	

INSURANCE COMPANY		POLICYHOLDER	
MEMBER / POLICY #		GROUP #	START DATE
PHONE		CLAIM ADDRESS	
WEBSITE	USERNAME		PASSWORD
COPAYS & DEDUCTIBLES		NOTES	

PHARMACY NAME			
PHONE		ADDRESS	
WEBSITE	USERNAME		PASSWORD
NOTES			