## 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 neess and resources and to create your caregiving plan. Regardless of where your role falls on the spectrum of caregiving, Caring Causes, Inc wants of help make this journey easier.

Caring for a family member or friends on of the most important roles you will ever play. EVERYONE'S CARLE VING YOURNEY IS UNIQUE AND THEIR OWN.

This guide is set up into set tion. You can go from start to finish, or just skip to what most conterns to a 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

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#### **BLOOD PRESSURE LOG**

### Blood Pressure Tracking Tips

- 1. Avoid smoking, caffeine, and exercise 30 minutes before. Rest quietly 5 miles before
- 2. Sit up straight with back supported and feet flat on the floor (legs not crossed)
- 3. Rest left arm on a flat surface with upper arm at heart level. The bottom of the combon bend in your elbow. Do not put over clothing.

DATE	TIME	SYSTOLIC (upper)	DIASTOLIC (lower)	HEART RATE (pulse)	NC_S
EX: 05/01/25	08:00AM	132	79	68	BL ORE BRF .KFAST
7.07.20					



# **CURRENT MEDICATION LOG**

DOSE	FREQUENCY	W/ FOOD?	PURPOSE/CONDITION
	PRESCRIBED BY:		
	DATE:		
DOSE		WFOC ?	URPOSE/CONDITION
		ALC: NO.	
	PH & RIBED L		
	DAT :		
DOSE	FREC JENC	W/ FOOD?	PURPOSE/CONDITION
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	RESCRIBED BY:		
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	PRESCRIBED BY:		
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DOSE	FREQUENCY	W/ FOOD?	PURPOSE/CONDITION
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## **IMMUNIZAITON HISTORY**

DATE	AGE	FACILITY	BODY AREA	NOTES
	DATE			



## **INSURANCE & PHARMACY LIST**

INSURANCE COMPAI	NY	POLICYHOLDER		
MEMBER / POLICY #	GROUP#		START DATE	
PHONE		CLAIM ADT RESS		
WEBSITE	USERNAME		ASS VORD	
COPAYS & DEDUCTIBLES		NOTE		
INSURANCE COMPAN	VY		POLICYHOLDER	
MEMBER / POLICY #	GROUP;		START DATE	
PHONE		CLAIM ADDRESS		
WEBSITE	USERNA 'E		PASSWORD	
COPAYS & DEDUCTIBLES		NOTES		
	PHARMAC	CY NAME		
PHONE		ADDRESS		
WEBSITE	USERNAME		PASSWORD	
NOTES				