

Caregiver's Resource Audio Ebook

Assessment

Questions/Response

After listening and/or reading the Program and Topics of Interest, take a moment to record your thoughts and observations about the person for whom you are providing care. Begin by responding to the following questions to assess the situation.

1. Do the problems or conditions immediately concern the person receiving care? Do you foresee problems with this condition in the future?
2. How do you define the problem? This helps to set the stage for possible solutions.
3. What are the possible solutions? What has to be dealt with first?
4. Who has the responsibility to carry out the solution?
5. How will you know if the solution is working?
6. How are you feeling? Don't forget to record how you feel, remember, your feelings matter the most!

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Plan of Action

Questions/Response

Following up your assessment of the situation for the person for whom you are providing care. Take the next step and outline a plan of action. The plan of action becomes your roadmap to implementing changes. It is designed to help you think through the necessary steps to achieve your objective.

1. Now that I know the areas that I would like to address, what do I do?
2. What changes do I make?
3. How do I make the changes?
4. What strategies do I implement?
5. Who do I need to help make the change?
6. What will be my measure of success?