

CAREGIVER AWARENESS

Caregiving
Assessment
& Planning

Caregiving
Binder

Starting Your
Caregiver Journey

The Senior
Alliance™

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Create your own personalized binder using a range of customizable templates designed to help you plan and manage your loved one's care.

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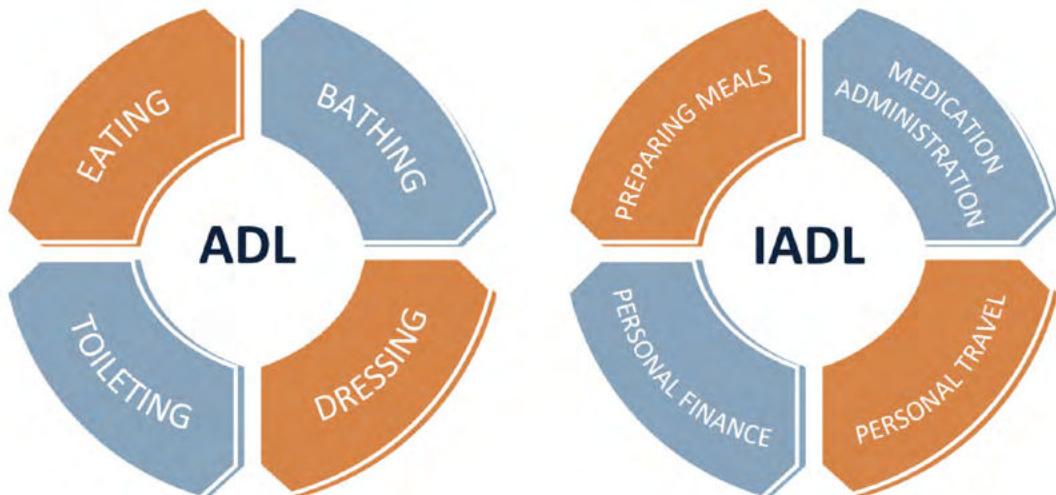
Caregiving Assessment & Planning

Caregivers play a crucial role in supporting the well-being of their loved ones, but determining the level of care required can be challenging.

A helpful way to assess a person's daily needs is by understanding **Activities of Daily Living (ADLs)** and **Instrumental Activities of Daily Living (IADLs)**.

The chart below provides a clear breakdown of ADLs and IADLs to help caregivers assess the type of assistance your loved ones may need.

Activities of Daily Living (ADLs) and **Instrumental Activities of Daily Living (IADLs)** are two concepts used to evaluate a person's level of functioning and the type of assistance they might require. ADLs are basic self-care tasks, while IADLs refer to more complex skills needed to live independently.



Use the ADL and IADL assessments in The Senior Alliance Caregiver Binder to get started. Visit www.caregivinghaven.org.

Caregiver Binder

Create your own personalized binder using a range of customizable templates designed to help you plan and manage your loved one's care.

All pages are available in single-page PDF format, so you can pick and choose the pages that are helpful for you. With your personalized care binder you'll be sure to have the right information at your fingertips when you need it.

Download the full caregiving binder, or select the pages that matter to you & create your own binder.



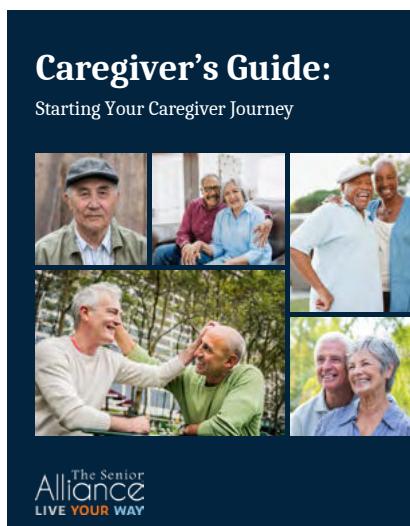
Start Your Caregiving Binder

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Starting Your Caregiver Journey

At The Senior Alliance, we understand the responsibility and compassion that caregiving requires. That's why we're committed to supporting you with resources, guidance, and encouragement, tailored to your specific needs.

The Senior Alliance's *Caregiver's Guide: Starting Your Caregiver Journey* provides invaluable tips and comprehensive information about assessment and planning, wellness and communication, selfcare, and other topics of interest to family and informal caregivers.



Press Play to view or download
*Caregiver's Guide:
Starting Your Caregiver
Journey*



A personalized care plan will help you meet the unique needs and preferences of your loved one, enhancing their quality of life and enabling them to thrive.



Creating a visual map of the people in your network helps you identify all your resources and may reveal people you had not considered for help.



Despite the challenges of time and distance, you can provide love and support from across town, the state, or the country. Consider our recommendations to ease your stress.



As a caregiver, you may have questions about medication safety—safety of using OTC & prescriptions, possible side effects, managing a medication schedule, and more.