AGING WELL

CARE NAVIGATION LTD.

A Clearer Family Care Plan

Start with the person at the centre of the plan

A shared plan can help everyone understand what matters, what support is wanted and who has agreed to help. Complete it with the person receiving support, wherever possible, and respect their choices about involvement and information sharing.

Type into the fields or print and complete by hand. Save your completed copy.

Name of person receiving support

Date discussed

People involved in this conversation (include roles / relationships)

What matters most right now?

My priorities, routines and choices I want others to understand

What is working well? What would I like to keep doing myself?

Where would I welcome support? What would I like to discuss before deciding?

Conversation starters: What would make this week easier? What feels most important? Is there anything we have assumed without asking you?

Family can include chosen family, friends and other trusted people. Use only the personal information needed for this plan, and keep completed copies private.

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Agree on practical help & responsibilities

Name of person receiving support

Plan date

Suggestions to discuss: appointments, meals, groceries, transport, household tasks, social connection and coordinating services. Ask each person what they can realistically offer; record only agreed responsibilities. Use extra copies if needed.

Agreed support 1

What support is wanted? Include the person's preferences.

Who has agreed to help? (person / service)

When / how often?

If unavailable: agreed backup or who will arrange another option

Agreed support 2

What support is wanted? Include the person's preferences.

Who has agreed to help? (person / service)

When / how often?

If unavailable: agreed backup or who will arrange another option

A gap is useful information. If no one can take on a task, leave it unassigned and discuss an appropriate service or another option together.

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Stay connected & review the plan

Name of person receiving support

Plan date

Communication & information sharing

Main coordination contact: name and phone / email (as agreed)

Who may receive updates, what may be shared, and the person's preferences

How and when we will check in (with the person and with one another)

What still needs attention?

Unresolved questions / gaps in support / options to explore

Next action, person who has agreed to take it on, and target date

Next review date / who will arrange the review

Review together when needs, choices or availability change. This is a practical coordination tool; it does not replace healthcare instructions, consent or legal decision-making arrangements.

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