Steps to Creating a care plan

- **Create a project workspace where you can organize all of your information**

  - Too often people try to manage complex projects off the top of their head, and react to the idea of creating a project planning space as if creating that space is an admission of failure – nothing could be further from the truth. There is absolutely nothing wrong with wanting to create a workspace from which to manage the care of a relative. Dedicating desk-space, a table-top or a small filing cabinet to care-management isn't a sign of weakness on your part.

  - At the very least you should get an old briefcase to keep files and records together. Stuffing random scraps of paper with notes scribbled on them into a drawer is not an effective means of organizing information.

- **Research the programs and benefits that are available to you**

  You don't have to care for an elderly parent or disabled relative all by yourself. There are programs available from Onondaga County, New York State and the Federal Government to help you. The Caregiver Resources List will help you to get started with figuring out which programs you qualify for, and who to contact.

Caregiver Resources List

- **BenefitsCheckup.org** offers a simple questionnaire that will help you to learn what kind of benefits you may qualify for from the Federal Government.
  - https://www.benefitscheckup.org/

- **The Eldercare Locator** is a website from the Federal Government that can help you to locate programs such as adult day-care and transportation services.
  - http://eldercare.gov/Eldercare.NET/Public/Index.aspx

- **Everyday tips and checklists**: although this website is published by the VA, the advice and checklists offered on this site are a valuable resource for all caregivers.
  - http://www.caregiver.va.gov/toolbox/toolbox_tips.asp

- **Meals on Wheels of Syracuse**: Food assistance for homebound individuals.
  - http://meals.org/

- **MyMedicareMatters.org** offers assistance with selecting Medicare gap coverage to suit your relatives health-care needs.
  - https://www.mymedicarematters.org/

- **Onondaga County Institute for Caregivers** offers classes on a variety of topics. Click on the link below to see the Institute's Website. Click on the *Icare Catalog* link to the lower left of the page for a pdf catalog of upcoming classes.
  - http://www.ongov.net/aging.icare.html

- **Resources for Seniors** living in Onondaga County: This guide offers information on a wide variety of elder-care resources and programs.
  - http://www.ongov.net/aging/documents/NewSeniorResource.pdf

- The **VA Caregiver Support** website offers information for those who are taking care of an elderly or disabled veteran.
  - http://www.caregiver.va.gov/

- **Include the care-recipient in the research process**
  - A significant cause of depression in seniors and the disabled is the feeling that they are not in control of their lives. It is important for a caregiver to avoid infantilizing the care recipient. The caregiver and care-recipient relationship should be one of teamwork. One way to achieve this goal is to encourage the care-recipient to participate in planning processes. It is also important for care-recipients to engage in activities inside and outside the home, and have a diet designed to maintain their brain health.

[Click here for a copy of
You C.A.N. Have Better Brain Health](#)

BALDWINSVILLE
P U B L I C   L I B R A R Y
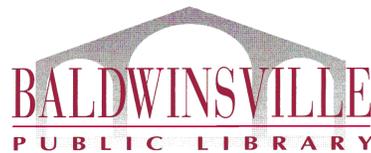
  - While there are obviously some cases where it's not possible to involve the recipient completely in the care planning process, you should make every reasonable effort to include them in research and decision-making processes to the fullest extend of their abilities.

- **Use checklists and calendars**
  - The World Health Organization has recommended that hospitals use checklists and enhanced charts that include treatment and medication calendars to track and manage patient care. If the WHO recommends these practices for hospitals, then it's probably a good idea for you to use these strategies also. You should consider adding the following items to your parent-care portfolio:
    - An appointment calendar for keeping track of doctor visits
    - Medication checklists, that include dosage and scheduling
    - An activities calendar, for community or senior center activities the care recipient wants to attend

- **Weed out the quacks, crackpots and nonsense**

Be sure to look for credible sources of information. The patent medicine industry is alive and well in America, and there's no shortage of quack doctors pushing bogus cure-alls, fad diet books and questionable medical devices. Unfortunately, if you search the Internet for information on many medical issues, you'll find information from hucksters appearing alongside information from credible sources.   Following is a list of websites that you can rely on for credible medical information. This list is not all inclusive. There are other good sources of information on the Internet, but you should generally avoid sites that are recommended to you by people selling things on daytime television or 24 hour news channels, and rely on sources that are referred to by individuals who are currently practicing librarians, social-workers, nurses or physicians.

Centers for Disease Control (CDC)
http://www.cdc.gov/
Crouse Hospital Health Reference Portal
http://www.crouse.org/health/reference/
Health Information from the Mayo Clinic
http://mayoclinichealthsystem.org/health-information
MedlinePlus
http://www.nlm.nih.gov/medlineplus/
Senior Health by the National Institute of Health (NIH)
http://nihseniorhealth.gov/index.html

PUNCH, OR THE LONDON CHARIVARI.—December 17, 1864.

A QUACK IN THE RIGHT PLACE;
Or, What we Should Like to See.