

Considerations Before Writing Your Caregiver's Guide

The focus in writing your own guide must be to provide future caregivers with important practical information, essential personal insight, and overall guidance about the adult with disabilities. Generally speaking, this information should be based on the way things are currently. The aim should be to help make the transition from you to another caregiver as smooth as possible for everyone. If knowing a detail would help someone else make their life easier, happier, and protected, it should be included.

Your completed guide must be thought of as a 'living document' because it will require continual updating to be as accurate as possible. For example, you would not want the wrong medication and dosages to be listed. Once your guide is written, updates will be easy to do. It will not be time consuming.



REMEMBER: The well-being of your loved one may be dependent upon up-to-date information in your caregiver's guide. Be sure to replace out-of-date particulars as soon as possible.

It will be up to you to decide with whom you share your guide. You may find that you do not want to provide all sections to certain people or organizations. In fact, you may decide to provide others with only parts of a section if that is all they would need. You can be selective about what you share and with whom.

You may decide that you would prefer to prepare your guide while working with others in a group setting. Sharing ideas can be helpful. Setting agreed upon deadlines for completing sections may motivate you to finish the guide in a timely manner. You will find ideas on how to approach group work in Appendix 1.

No two guides will be the same. As you write, you will make this document your own and it will be as individual as your loved one. You can further personalize your guide by including photos, quotations, and little anecdotes throughout.