

## Assessing Your Needs

Defining your needs, and those of your loved one, is the first step in determining what kind of help and support will best suit your circumstances. With so many services available to caregivers, you will need to first outline your specific concerns. You may find it useful to ask yourself the following questions and write out the answers on a sheet of paper:

→ What type of help does my loved one need to live as independently as possible? (for example: Health and Personal care? Supervision? Companionship? Housekeeping? Transportation? Nutrition Services?)

→ How much money is available to pay for outside resources? Will insurance cover any of the services?

→ What assistance can I provide myself?

→ What types of help are my friends and family members willing to provide?

→ What days and times do I need help?