

# Me, we, tomorrow

Define first steps to meet today's needs and build future plans.

Being a caregiver can be tough. Between meeting your needs, your loved one's needs, and juggling daily tasks with future planning, sometimes important to-dos can go overlooked. You can use this worksheet as a conversation starter to clearly define important steps to reach your goals.

## Me

Let's make sure your needs are met so that you can provide the best care possible.

### KEY RESOURCES

Caregiver support • Care consultation • Respite • Support groups • Community services and programs

## My immediate action steps

- *Find extra support to fill in gaps in care*
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## We

Let's work together to identify what challenges you and your loved ones need to tackle together.

### KEY RESOURCES

Transportation options • Medicare, Medicaid, and health insurance • Community services and programs • Recreational activities • Assistive technology • Maximize existing benefits

## Our immediate action steps

- *Check Medicaid eligibility*
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## Tomorrow

Let's prepare for the future to set you and your loved ones up for success.

### KEY RESOURCES

Financial help • Housing options • Employment options • Community services and programs • Future planning

## Our secure-future action steps

- *Consult with an estate planner*
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