

Before we *talk*

A simple notes sheet to help you prepare
for your first conversation.

*Care
that supports
life.*

You do not need to have every answer. This is just a place to start.

1 What would make life easier right now?

The main challenge right now: _____

What kind of help would be most useful: _____

What is going well already: _____

What would you like support to make easier: _____

2 Helpful details to think about

- ☐ Who needs support
- ☐ Where support is needed: home, community, or facility
- ☐ Personal care needs
- ☐ Homemaking or household help needed
- ☐ Errands, appointments, or outings needed
- ☐ Mobility, recovery, or disability-related concerns
- ☐ Preferred days or times
- ☐ Whether support may start small or need more ongoing coverage

Other notes: _____

3 Questions you may want to ask us

- What types of support do you provide? _____
- Can support start with as little as four hours a day? _____
- Is live-in round-the-clock care ever available? _____
- Can support include homemaking, errands, or community outings? _____
- What happens during the first conversation? _____
- How do you match caregivers? _____
- What should we expect next? _____

4 Questions we may ask you

- Who is the support for? _____
- What is becoming difficult right now? _____
- What would make life easier? _____
- What kind of routine or schedule is involved? _____
- Are there mobility, recovery, or health-related concerns? _____
- What kind of personality or caregiver fit would be helpful? _____
- What is the best way to reach you? _____

5 Notes and priorities



No pressure.
No obligation.
Just a conversation
and helpful
information.



Call or text 314-405-0887

Serving the greater

