

Things I Wish You Knew

Last updated: _____

A note from me, the family caregiver, to anyone stepping in. These are the things that are not written down anywhere else.

Name of the person I support: _____

Emergency contact & phone: _____

From (my name): _____

My phone: _____

Write in your own words. A few honest lines are enough.

Who the person I support is, in a few words

What I want you to know about them before you meet

Little things that make a big difference

Things that might look like a problem but are normal for them

What they can still do and like to do for themselves *(let them, even if it takes longer)*

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How they show they're happy, tired, or uncomfortable

Happy: _____

Tired: _____

Uncomfortable: _____

Things they would want you to know about their dignity and privacy

What worries me most when I'm away

Things they'd say about themselves, if they could

What to do if you're unsure

Call first (name & phone): _____

Then call (name & phone): _____

It's okay to ask. No question is too small. In an emergency, call 911.

Thank you for caring for the person I support.

Signed: _____ Date: _____

