

My Care Partners

Resource Kit

Click the underlined words in each activity to explore the online resource kit. The resource kit provides definitions and links to research-based websites, services, resources, tools, videos, and more!

[MywellHealth.info](https://mywellhealth.info)

Write your full name & date completed/updated here:
(It will automatically appear on every page)

Identifying My Care Partners

Care partners are the people in your life, both personal and professional, who are willing and able to support and help you as needed. Make a list of people you can talk to and rely on for assistance, such as doing specific tasks, and/or checking in with you regularly. This list may include family members, neighbours, friends, caregivers, and professionals. For each person on your list, specify their roles and how they can provide assistance.

Tip: Consider tasks you may need help with now and if your health changes in the future, such as driving, house cleaning, meal preparation, note taking at health visits, home repairs, grocery shopping, and more.

My Care Partners Example		
Name & Role	Phone & Email	Helps with...
Sarah Green, Daughter	222-333-4444 sarah@email.com	<ul style="list-style-type: none"> My health advocate. Driving to appointments and taking notes at appointments
Irfan Brown, Son-in-law		<ul style="list-style-type: none"> Cleans gutters, helps with year-end taxes.
Michael Wong, Work colleague		<ul style="list-style-type: none"> Department Supervisor
Angela Lee House Cleaner		<ul style="list-style-type: none"> Cleans house Monday and Friday

My Care Partners		
Name & Role	Phone & Email	Helps with...

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Notes for My Care Partners

Use the 'Notes for My People' as needed. It keeps all your thoughts, questions, and things to do in one place. Might be a place to list ideas, services, and resources you like.

Date	A place to record your thoughts, questions, and learning

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