

## Caregiver's Contacts: How to Get the Help You Need<sup>1</sup>

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Busy caregivers need ways to find the help they need. Sometimes there are many sources of help. At other times, it may be very difficult to find the help you need. It takes time to locate these agencies and professionals.

Make several copies of this *Caregiver's Contacts* sheet. This will help you quickly and efficiently gather the information you need. It will remind you of the questions you should ask.

Agency contacted: \_\_\_\_\_

Method of contact: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email address: \_\_\_\_\_

Mailing address: \_\_\_\_\_

Date of contact: \_\_\_\_\_

### **Begin here:**

My name is: \_\_\_\_\_

I'm caring for: \_\_\_\_\_

I need: \_\_\_\_\_

Can you help me? \_\_\_\_ Yes \_\_\_\_ No

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If "No": Can you refer me to anyone else? \_\_\_\_\_

How can I contact them? \_\_\_\_\_

**If "Yes," continue with the following questions:**

What services do you provide? \_\_\_\_\_

\_\_\_\_\_

What are the costs? \_\_\_\_\_

How are they paid? \_\_\_\_\_

\_\_\_\_\_

Who is eligible? \_\_\_\_\_

\_\_\_\_\_

How long must we wait? \_\_\_\_\_

Will you send me a brochure or application? \_\_\_\_\_

To whom am I speaking? \_\_\_\_\_

Is there anyone else I should speak to? \_\_\_\_\_

When can I expect to hear from you? \_\_\_\_\_

Thank you for your help.

**For More Information**

**This is one of six publications in a series on caregiving and aging. The other publications in this series are:**

FCS 2257: Long-Term Care: Places to Call Home

FCS 2259: Puzzled by Your Care Receiver's Refusal of Services?

FCS 2260: Balancing Work and Caregiving: Tips for Employees

FCS 2261: Balancing Work and Caregiving: A Guide for Employers

FCS 2262: Final Wishes: End-of-Life Decisions