



The Caregiver Pathway

When you're caring for an aging parent

Many people approaching Medicare age are also helping aging parents navigate appointments, medications, bills, and difficult decisions. Caregiving can be meaningful, emotional, and overwhelming all at once. Having cared for my own dad during his battle with cancer, I understand how heavy this season can feel—and how important it is to have guidance and support along the way.



— On a personal note —

Taking care of my father was one of the hardest things I have ever done, but it was also one of the most beautiful and meaningful things I have ever done.

Caregiving can be deeply painful and deeply meaningful—often at the same time. You don't have to walk this path alone.



1 Start the conversation early

- Talk about health wishes and priorities
- Review doctors, medications, and important contacts
- Discuss who should help make decisions if needs change



2 Keep the essentials together

- Organize insurance cards and ID
- Keep an updated medication list
- Create a simple folder or binder for key documents



3 Learn the coverage basics

- Know what type of Medicare coverage your parent has
- Check provider networks and prescription coverage
- Understand how costs may change when care needs change



4 Care for the caregiver

- Accept help when it is offered
- Rest, eat well, and protect your own health
- Remember: you do not have to do this alone

“ You do not have to figure everything out alone. ”



Questions about Medicare or planning ahead?
I'm here to help.

