



## **Creating a Care Plan**

Having all of your information in one place is helpful and is a time saver. A thorough care plan that includes: your loved one's favorite foods, special television programs and unique habits along with

- emergency numbers
- medications
- daily activities

When completing a care plan don't forget to add lots of time for caregiver self-care.

[Download a free version of the care plan](#) I wrote for American Stroke Association.