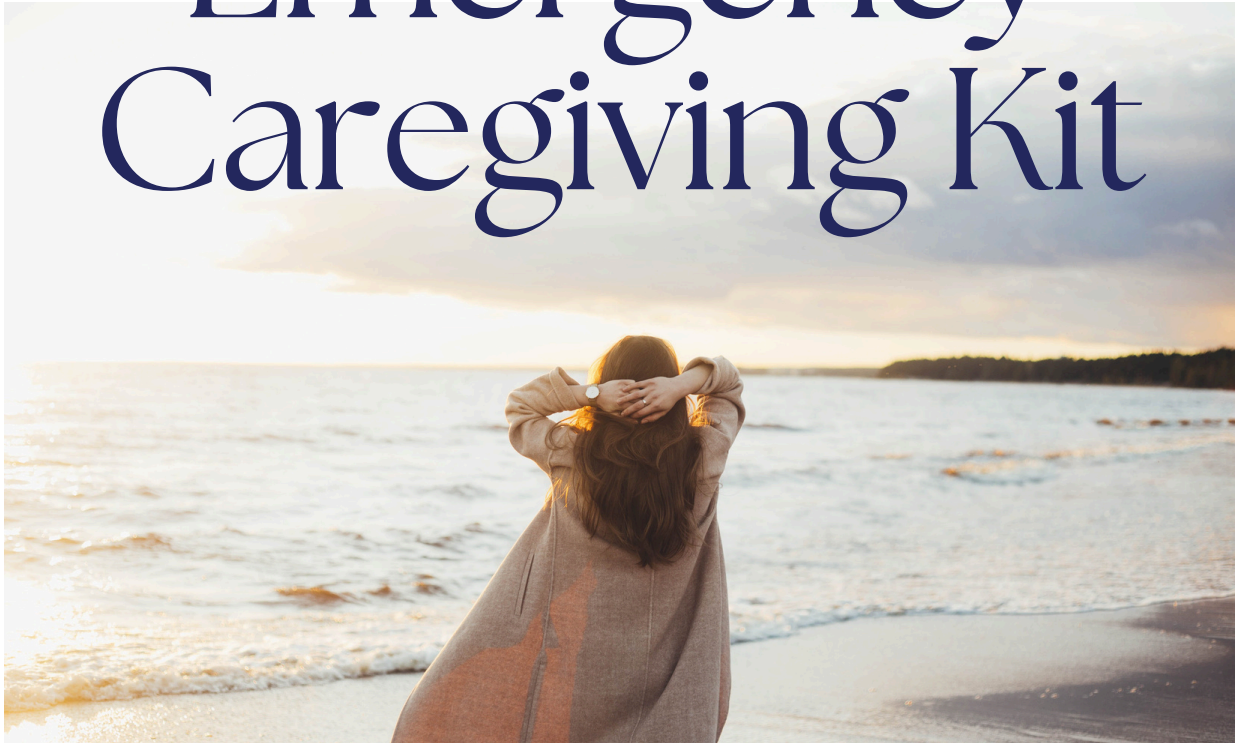


THE 'FIXER' DAUGHTER'S Emergency Caregiving Kit



*Your tactical checklist
to go from overwhelmed
to in-control in the first 72 hours.*



TransitionWell
Empowered Care Transitions



Introduction

So.... You're the One in Charge Now...

It can happen in a single phone call: a fall, a diagnosis, an emergency. Suddenly, you're thrown into a crisis situation you're completely unprepared for. You're the one in charge now, and you're feeling a panic you've never known. You've always been the person who gets things done. In your career, in your family, you're the one everyone turns to when a problem needs solving.

This guide is your emergency kit. It won't solve everything, but it will give you the most important thing you need right now: a feeling of control in a chaotic situation. This is a tactical checklist for the immediate situation. We'll work on the long-term strategies later—for now, let's just get you through the first 72 hours.

"The most difficult part of the caregiving journey is not knowing what you don't know."

About Me

I Am a 'Fixer,' Too.



I've been a professional social worker my entire life. I'm the one who navigates complex systems, advocates for others, and, let's be honest, probably has a well-organized excel document for every problem. But when it came to my own aging parents, all my carefully honed skills went out the window. Suddenly, I was drowning in doctor's appointments, insurance jargon, and a level of family drama even a seasoned professional couldn't handle.

I quickly realized that while my professional expertise was a great asset, it wasn't enough. I needed a new kind of playbook—one that included emotional resilience and a whole lot of community support. That's why I created TransitionWell. It's the program I desperately wished I had during my own chaotic journey. It's designed to help smart, capable women like you move from a place of panic to a place of power, with a clear plan and the compassionate support you deserve.



Carrie

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This is where your journey really begins. Learn how to turn these first steps into a long-term strategy and find the support you need to thrive.



01

The "Don't Panic" Guide to the First Family Meeting

Mission-Critical: The First Family Meeting

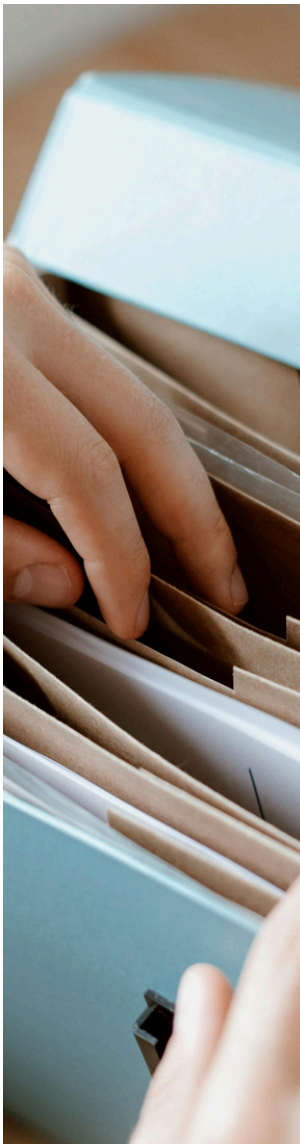
The goal of this meeting isn't to solve everything, but to align your "team." Set clear expectations, delegate tasks, and ensure everyone is on the same page. You're the facilitator, not the sole doer.

- **Status Update:** Start by sharing a brief, factual overview of your parents' current situation. This gets everyone aligned without getting lost in emotions.
- **Key Healthcare Questions:** Discuss your parents' wishes for their care. What do they want to happen if their health changes? This helps you understand their needs and values.
- **Assign Roles:** Ask siblings and other family members what they are willing and able to help with.
- **Establish a Communication Hub:** Agree on a single place to share information, like a group chat or a shared document. This avoids endless phone calls and ensures no one is left out of the loop.



02

The 4 Critical Documents to Locate Immediately



Finding these documents is the single most important action you can take to save time and prevent a future crisis, and advocate effectively for your parents.

- **Legal & Medical Directives:** Locate the Power of Attorney and Living Will/Advance Directive. While you're at it, be sure to complete the HIPAA release forms so the clinical teams can legally speak with you about your loved one's care.
- **Health Information:** Compile a list of all current doctors (PCP and specialists) and a complete list of their medications.
- **Health Insurance Information:** Find all of their insurance cards and policy numbers, including Medicare and any supplemental plans.
- **A "Master" Contact List:** Create a single document with the names and phone numbers of all key contacts, including doctors, lawyers, and financial advisors.

Small but mighty reminder: Once you have located or created these documents, be sure to periodically update them. This small act will save you a world of trouble in a future emergency.

The 'Fixer' Daughter's Emergency Caregiving Kit



03

Your 24-Hour Action Plan

Here is your no-fluff checklist for the first day.

Completing these tasks will give you an immediate sense of accomplishment and forward motion.

- ✓ **Touch Base with Your Parent:** The most important first step is to simply ask your parent how you can help them feel more comfortable. This simple act of compassion will build trust and show them you're on their team.
- ✓ **Communicate with health professionals:** Make contact with your parent's primary care doctor or a specialist to understand the immediate health situation and next steps.
- ✓ **Start a master notebook:** Begin logging all conversations and information in one single, organized place. Be sure to document **questions, concerns, next steps, and the reasons for any changes** to the plan. The history will be indispensable.
- ✓ **Schedule a family check-in:** Set a time to talk with key family members within the next 24-48 hours. This simple act creates an immediate plan for the future.

The Path Ahead...

Your Journey from Surviving to Thriving

This emergency kit gave you the tools to find your footing and feel a **sense of control** in the short term. But the caregiving road ahead is long, and **you don't have to walk it alone.**

Your journey is about more than just managing a crisis; it's about **building a sustainable plan for the long term and finding peace in your new role.** This is where your career skills become your greatest asset.

Ready to move from a place of panic to a place of power?

Step into your next role with a strategic playbook. Learn more about the TransitionWell Masterclass.

Learn More About the Masterclass



"The best way to predict the future is to create it." — Peter Drucker



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