

The Confident Caregiver Starter Guide

Simple first steps to help you feel organized, prepared, and calm
about caring for an aging loved one

A gentle place to start — not a giant to-do list.

If you're caring for a parent or loved one and thinking:

“I don't even know where to start...”

You're not alone.

Most families aren't unprepared because they don't care.

They're overwhelmed because no one teaches you how to do this.

This guide will help you take a few simple first steps.

You don't need to figure everything out today.

You just need:

- ✓ clarity
- ✓ a starting point
- ✓ a small plan

Confidence comes from knowing what to do next —
not doing everything at once.

Step 1: Know where the important information lives

Simple checklist:

- Insurance cards
- Medication list
- Doctors + contacts
- Legal documents (POA, will, etc.)
- Emergency numbers

Tip:

Start a single folder or binder. One place = less panic later.

Step 2: Have the conversations early

Hard conversations are easier before they're urgent.

Ask:

- What matters most to you right now?
- What would you want if your health changed?
 - Who should help make decisions?

Clarity now prevents conflict later.

Step 3: Focus on what matters first

Not everything needs to happen today.

Try this:

Urgent

Important

Later

Small steps build momentum.

Step 4: Make caregiving feel manageable

Write down:

- This week
- This month
- Next 3 months

A simple plan turns “everything” into “next.”

If this already feels like a lot... that's normal.

Most caregivers try to do this alone.

And that's when stress, decision fatigue, and burnout show up.

You don't have to figure it out by yourself.

How I help

I support caregivers by helping them:

- ✓ organize documents
- ✓ navigate hospital stays
- ✓ prepare for big decisions
- ✓ create calm, step-by-step plans
- ✓ feel steady instead of reactive

Think of me as your guide — someone walking beside you so you don't have to carry it all alone.

Ready for support?

If you'd like personalized guidance, we can start with a **Care & Clarity Consult** — a 1-hour session to map out your next steps together.
Or explore ongoing support inside the **Calm Caregiver System**.

👉 Book your exploratory call here: [Free exploratory call](#)

Caregiving can feel calm and manageable. You don't have to do this alone.