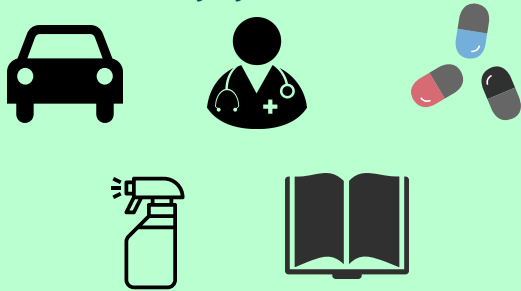


CREATE YOUR CARE MAP

www.agingwelldenver.com

identify your needs



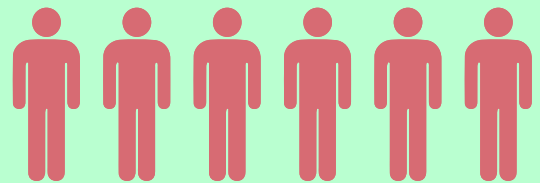
what do you need help with?
write a list of daily tasks and duties

- administering medication
- household chores
- company and activities
- transportation

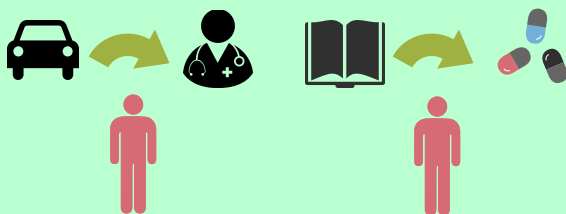
who's willing to help?

- family
- friends
- home health aids
- neighbors

assemble your care team



assign tasks



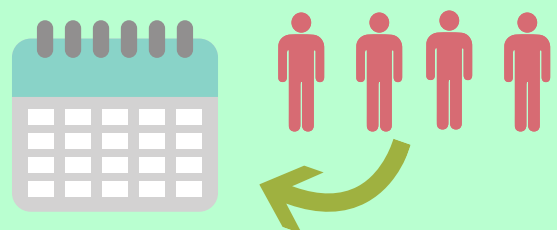
what can they commit to
helping with?

ask your care team what they can handle,
what they're willing to do, and how much
time they can spend.

create a schedule and determine
how you'll communicate it to your
care team.

- care apps
- email / text string
- google calendar
- written schedule

create a schedule



learn more at www.agingwelldenver.com/first-aid-kit