

CHECKLIST

FOR CAREGIVERS

This checklist was created to facilitate your contribution in sharing information between your loved one and the healthcare team.

Examples of informations:

- Inform the caregiving team of your loved one's state of health and any situation that concerns you.
- Express your loved one's beliefs, values and preferences.
- Help your loved one to ask their questions to the caregiving team and write down the answers.

	Questions/informations	To whom?	Answers/notes
Example	<i>My son has been shaking since taking his new medication. Is this normal?</i>	<i>Doctor or nurse</i>	<i>Doctor's answer: It is normal. This is a known side effect that will gradually fade.</i>
1.			
2.			
3.			
4.			

	Questions/informations	To whom?	Answers/notes
5.			
6.			
7.			
8.			

Others resources that can assist you

Your well-being also matters. Resources are available to support you in your role as an informal and family caregiver.

- For further information regarding your role as an informal and family caregiver, and on access to health care and social services living environments, **leave a voice message at 819-780-2220, ext. 40444** or **consult santeestrie.qc.ca/caregivers**.
- To learn more about the role of informal and family caregivers in all environments, **visit quebec.ca/en/family-and-support-forindividuals/informal-and-family-caregiver**.

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