



The Caregiver's **READINESS WORKBOOK**

Legal. Practical. Spiritual. Everything you need in place
before the day you need it — finished in one afternoon,
not someday.

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START HERE

Before we begin

You are not behind. You have been busy keeping someone alive.

Every caregiver I've ever met knows they should get their paperwork in order. Almost none of them have. That isn't laziness. It's because the urgent always beats the important, and in caregiving **everything is urgent**.

So we're not going to talk about it. We're going to do it. Today. In this room.

How this works. Three circles: Legal, Practical, Spiritual. You'll fill in what you have, name what you don't, and put a date on every gap before you leave. You will not finish everything today — that's not the goal. The goal is that **nothing on your list is still undecided**.

One honest warning. Some of these pages will bring things up. Questions about what happens if they get worse. What happens if you do. If you need to stop, stop. Breathe. Come back. Nobody here is timing you.

What you'll need:

- ☐ This workbook and a pen
- ☐ Your phone, for photographing documents
- ☐ The name and number of one person you trust
- ☐ Permission — from yourself — to not have it all together

"Preparedness isn't about being fearless. It's about loving someone enough to learn what could save them. It's about praying and packing a go-bag. It's about faith and flashlights."



WHERE YOU ARE NOW

Your starting score

Copy your number from the Readiness Scorecard. This is a starting line, not a grade.

TODAY'S SCORE

____ /

12

Date: _____

THE THREE QUESTIONS I SCORED LOWEST

.....

.....

.....

Read this before you go further. A low score does not mean you have been a bad caregiver. It usually means the opposite — you have been so busy doing the caring that nobody has had a spare hour to do the paperwork. The paperwork is not more important than the caring. It just **survives you**, and the caring doesn't.

IF AN EMERGENCY HAPPENED TOMORROW, THE THING I'D BE LEAST READY FOR IS...

.....

.....

.....

THE REASON I HAVEN'T DONE THIS YET — THE HONEST ONE

.....

.....

.....

WHO THIS IS REALLY FOR. WRITE THEIR NAME.

.....





01

LEGAL

Can you even speak for them?

Without proper documentation, even close family members may be denied the right to make decisions in a crisis. This is the circle people skip. It is also the only one that a hospital, a bank, or a court will ever ask you about.

CIRCLE ONE

The four documents

For each one: do you have it, who else has a copy, and where does it physically live?

☐ Power of Attorney — medical and/or financial

Without it, you may have no legal standing to make decisions or handle money on their behalf.

HAVE IT? Y / N

WHO ELSE HAS A COPY

WHERE IT LIVES

GET IT BY (DATE)

.....

.....

.....

.....

☐ HIPAA release

This is the one that decides whether a hospital is even allowed to tell you what's happening.

HAVE IT? Y / N

WHO ELSE HAS A COPY

WHERE IT LIVES

GET IT BY (DATE)

.....

.....

.....

.....

☐ Advance directive / living will

What they would want, in their words, written down before anyone is under pressure.

HAVE IT? Y / N

CONVERSATION HAD?

WHERE IT LIVES

GET IT BY (DATE)

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.....

.....

☐ Guardianship documentation (if applicable)

Required for many adults with disabilities once they turn eighteen. Often missed entirely.

NEEDED? Y / N

STATUS

WHERE IT LIVES

GET IT BY (DATE)

.....

.....

.....

.....

Do this before you leave the room: photograph every document you already have and text it to one trusted person. Takes four minutes. Solves the 2am problem where the folder is in a drawer and you are in an ambulance.



CIRCLE ONE

Who to call, and when

Names and numbers beat intentions. Fill in what you can; leave the rest blank and come back.

ATTORNEY, LEGAL AID, OR THE PERSON WHO CAN HELP ME GET THESE DONE

.....

THEIR PHONE / EMAIL

.....

THEIR PRIMARY DOCTOR AND PRACTICE

.....

INSURANCE — PLAN NAME, MEMBER ID, PHONE

.....

.....

PREFERRED HOSPITAL, AND WHY

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Free help exists. Legal aid societies, Area Agencies on Aging, hospital social workers, and many churches have people who will walk you through POA and HIPAA forms at no cost. Ask your loved one's care team first — they do this every week.

THE ONE LEGAL STEP I WILL TAKE IN THE NEXT SEVEN DAYS

.....

.....

THE DATE I WILL DO IT

.....





02

PRACTICAL

Could you move in the first sixty seconds?

There is no time to prepare when it's already happening. Your body moves before your mind catches up — and afterward you shake, or cry, or just sit in silence because the adrenaline wore off and somehow you're still standing. This circle is what your hands will reach for.

CIRCLE TWO

The one-page medication list

The single most useful piece of paper you can hand a paramedic. Fill it in, photograph it, put a copy in the go-bag.

MEDICATION	DOSE	WHEN	PRESCRIBED BY	PURPOSE

ALLERGIES

.....

PHARMACY + PHONE

.....

DIAGNOSES / CONDITIONS

.....

.....

Update trigger: every time a dose changes, this page changes. Put a recurring reminder on your phone for the first of the month. An out-of-date list is worse than none.



CIRCLE TWO

The go-bag & the emergency sheet

Packed. By the door. Not planned — packed.

IN THE BAG

- ☐ Copies of ID + insurance cards
- ☐ The medication list from page 8
- ☐ POA / HIPAA / directive copies
- ☐ Phone charger + spare cable
- ☐ Change of clothes for them
- ☐ Change of clothes for **you**
- ☐ Comfort item — blanket, toy, rosary
- ☐ Snacks and a water bottle
- ☐ Cash, small bills
- ☐ Notepad and pen
- ☐ Any specialized supplies
- ☐ A list of who to call, on paper

POSTED ON THE FRIDGE

- ☐ Emergency contacts, in order
- ☐ Diagnoses and allergies
- ☐ Current medications
- ☐ Preferred hospital
- ☐ Doctor's name and number
- ☐ Where the documents are kept

Why the fridge? First responders are trained to look there. If you are the one who collapses, this sheet speaks for both of you.

TRAINING I HAVE — AND WHEN IT EXPIRES

CPR — EXPIRES

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FIRST AID — EXPIRES

.....

CONDITION-SPECIFIC (SEIZURE, DIABETIC, ETC.)

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Local classes are often free for caregivers. Ask the insurance provider, the care team, or the local fire department. "I took it once" is not current.

THE ONE PRACTICAL STEP I WILL TAKE IN THE NEXT SEVEN DAYS

.....

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03

SPIRITUAL

Are you still in there?

Compassion has a cost, and you are not a bottomless well. Even Jesus withdrew to quiet places. Even He napped in storms. Even He said, "Enough." If the Savior of the world allowed Himself to rest, why do we think we're supposed to run nonstop?

CIRCLE THREE

Your support map

Not a wish list. Names and numbers of people who would actually answer.

THE 2AM PERSON

THEIR NUMBER

THE PRACTICAL HELPER — RIDES, ERRANDS, SITTING

THEIR NUMBER

THE SPIRITUAL ONE — PASTOR, MENTOR, PRAYER PARTNER

THEIR NUMBER

SOMEONE WHO HAS WALKED THIS ROAD

THEIR NUMBER

THERAPIST / COUNSELOR / SUPPORT GROUP

WHEN IT MEETS

IF I GOT SICK TOMORROW, WHO STEPS IN?

DO THEY KNOW? Y / N — TELL THEM BY

The hardest square on this page is the last one. Most caregivers have never told anyone what would happen if they went down. Naming a person is not planning to fail. It's the most responsible thing on these sixteen pages.

SOMETHING I NEED HELP WITH BUT HAVE NEVER ASKED FOR

WHO I'M GOING TO ASK — AND WHEN



CIRCLE THREE

Permission to rest

Rest is not the reward for finishing. There is no finishing.

WHAT DRAINS ME MOST — THE REAL THING, NOT THE POLITE ANSWER

WHAT REFILLS ME, EVEN A LITTLE

THE LAST TIME I DID THAT

Scheduled, not accidental. Rest that isn't on a calendar doesn't happen. Pick a day and an hour, write it below, and tell one person so it becomes real.

MY HOUR IS ON

WHO'S COVERING

I TOLD

WHERE I SAW GOD THIS WEEK

WHAT I'M CARRYING THAT I HAVEN'T SAID OUT LOUD



THE FOLLOW-THROUGH

Your next 30 days

One step per week. Not twelve. One. Write the date it's done, not the date you'll think about it.

WEEK 1 — LEGAL STEP

.....

WEEK 2 — PRACTICAL STEP

.....

WEEK 3 — SPIRITUAL STEP

.....

WEEK 4 — RE-SCORE MYSELF

.....

SUN	MON	TUE	WED	THU	FRI	SAT

Day 30: take the Scorecard again. Write the new number next to the old one. That difference is the whole point of this book — and it is the only proof you'll ever need that you are not standing still.

SCORE ON DAY 1

.....

SCORE ON DAY 30

.....



A final word

From one caregiver to another.

If you filled in even half of these pages, you did something today that most people who love someone never get around to. Not because they don't care — because it's hard, and it's frightening, and there is always something more urgent.

You did it anyway. That is what you have always done.

Final Prayer

God, I thank You for entrusting me with this sacred role.
When I am weak, I ask that You continue to be my strength.
When I am afraid, please be my peace.
When I am tired, be my rest.
Help me love well, serve patiently,
and remember that You walk beside me every step of the way.
I am not alone and I never have been.

In Jesus' name, Amen.



KEEP GOING

Read the full story behind these pages in **The Blessing in the Burden** — available in English and in Spanish as **La Bendición en medio de la Carga**.

For speaking, bulk orders for your church or care ministry, or the next Caregiver Readiness Workshop: **TheBlessingInTheBurden@gmail.com**
blessingintheburden.com

You are not alone. You are seen. You are doing His holy work.

