

Partners on the Journey: A Care Plan Checklist for MS Care Partners

When symptoms of MS progress, it's important for Care Partners (spouses, siblings, children, friends, other loved ones) to take stock of what needs to be done. This checklist provides important questions to consider as families and loved ones face their own individual issues, problems, and challenges of life with MS that has progressed.

<p style="text-align: center;"><u>Medical</u></p> <ul style="list-style-type: none"> • What MS symptoms does the person have? • How do these symptoms affect activities of daily living? • What other medical conditions does the person with MS have? • How do symptoms of other medical conditions affect activities of daily living? • What is the recommended treatment? • What is the prognosis for the future? • What kind of care giving is most appropriate for the present medical situation? • What are the names and phone numbers of your loved one's doctor(s)? <p style="text-align: center;"><u>Financial</u></p> <ul style="list-style-type: none"> • What financial means are available to pay for care or for other necessities? • What outside or governmental help is available to help cover costs? • Do you need a financial planner to help organize financial matters? • Will family members have to cover any costs from their own pockets? 	<p style="text-align: center;"><u>Legal</u></p> <ul style="list-style-type: none"> • Are all of the legal documents—wills, powers of attorney, living wills, or trusts—in order? • Do you know where they are located? • Do you know who your loved one's attorney is? <p style="text-align: center;"><u>Access</u></p> <ul style="list-style-type: none"> • Do you have keys to your loved one's house and car? • Do you have phone numbers for doctors, attorneys and other professionals? • Could you locate and have access to important information in a crisis? <p style="text-align: center;"><u>Daily Care</u></p> <ul style="list-style-type: none"> • What daily care needs does your loved one have—personal care, housekeeping, home health care, or other assistance? • When is this care most needed? • Who will be providing this care? • How are these care needs likely to change? <p style="text-align: center;"><u>Long-Term Plans</u></p> <ul style="list-style-type: none"> • What are your plans for the future? • What will you do if there is a crisis? • What are the likely changes in care needs in the future? 	<p style="text-align: center;"><u>Caregivers</u></p> <ul style="list-style-type: none"> • Who will be providing care? • Will family members provide all of the care? • Will outside caregivers or home care agencies be hired? <p style="text-align: center;"><u>Professional Help</u></p> <ul style="list-style-type: none"> • Do you need a professional care manager to help coordinate resources and manage the day-to-day care of your relative? • What social workers, therapists or other professionals are available to help support you and your relative? • Is there a support group you or your relative can join? <p style="text-align: center;"><u>Transportation</u></p> <ul style="list-style-type: none"> • How will your loved one get around? • What transportation services are available in your community? • Which of these transportation services are appropriate for your loved one? • Which family members are available to provide transportation, and when?
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For personal assistance with your own family's unique long term care needs, call the National MS Society, Greater Illinois Chapter's Information Resource Center at 1.800.344.4867 or visit www.MSillinois.org.