

Wellness & Living Checklist

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| <p><input type="checkbox"/> I have scheduled an initial doctor's appointment</p> <p><input type="checkbox"/> I have found an advocate to support me</p> <p><input type="checkbox"/> I have a church to attend that will support me</p> <p><input type="checkbox"/> We have researched our options</p> <p><input type="checkbox"/> We have decided on a plan</p> <p><input type="checkbox"/> I have the patients health insurance card</p> <p><input type="checkbox"/> We have a copy of our marriage certificate</p> <p><input type="checkbox"/> I have the appropriate paperwork I need:</p> <ul style="list-style-type: none">- Will and testament- Mutual power of attorney- Healthcare directive- Power of attorney- Community property agreement <p><input type="checkbox"/> I have printed off social security and disability application form</p> <p><input type="checkbox"/> We agree on the patient's wishes and can prove them with the forms listed above</p> <p><input type="checkbox"/> If applies, I have contacted hospice</p> <p><input type="checkbox"/> If applies, I will seek grief counseling</p> | <p><input type="checkbox"/> I can lower my bills by...

_____</p> <p><input type="checkbox"/> Each morning I will remind myself that...

_____</p> <p><input type="checkbox"/> I have made plans each day to take care of myself by...

_____</p> <p><input type="checkbox"/> I will check in with my support person each week on:
_____ @ _____</p> <p><input type="checkbox"/> I will find 3 people to help take care of practical things around my house each month (yard, food and respite)</p> <p><input type="checkbox"/> I will enlist one person to watch my loved one so I can have time for self care by myself each week</p> <p><input type="checkbox"/> To DO:</p> <ul style="list-style-type: none"><input type="checkbox"/> a.<input type="checkbox"/> b.<input type="checkbox"/> c.<input type="checkbox"/> d.<input type="checkbox"/> e. |
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