



My Care Conversation Planner

A quiet space to gather your observations, questions, and next thoughtful steps.

Use this page to organize what you're noticing, what feels unclear, and what you may need to revisit. Long-distance caregiving becomes more manageable when your thoughts have room to land.

1. What's Happening Now

What changes am I seeing or hearing? How does their daily routine look today compared to before? Is anything standing out physically, emotionally, or behaviorally?

Notes: _____

2. What I Need Clarity On

What feels uncertain or confusing? What do I want to ask my parent? What do I need to ask their provider or local caregiver?

Notes: _____

3. What I Should Follow Up On

What decisions or plans may need another look? Are there medications, appointments, safety concerns, or future steps I should revisit?

Notes: _____

4. What Matters Most Right Now

After reflecting, what feels most important? What needs gentle attention sooner rather than later?

Notes: _____

5. My Next Thoughtful Step

What is one simple action that would help me feel more grounded or informed?

Notes: _____

