



Family Care Snapshot — One-Page Organizer

One clear page to bring to a family conversation or an appointment.

Person I'm helping

Name / relationship:

Important people involved

Family, friends, and helpers (and how to reach them):

Healthcare contacts

Doctors, pharmacy, care team:

Current concerns

Upcoming appointments

Important questions

Current priorities

What matters most right now:

Things we need to learn more about

Next 3 actions

- ☐ 1.
-
- ☐ 2.
-
- ☐ 3.
-

Keep it handy

Print this and bring it along — updating one simple page over time is easier than remembering everything in the moment.

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not a diagnostic tool, medical screening, or a substitute for advice from a qualified professional. Bring your notes to a trusted clinician, advisor, or counselor for guidance specific to your situation.