

WHAT IS YOUR PLAN?

During the COVID-19 pandemic, family caregivers are in a very vulnerable position. You are taking all of the precautions to not be exposed to this virus, but there is still a chance that you or someone in your household could become infected. If you are the main caregiver in your family, who is going to fill that role if you are quarantined or in the hospital? This worksheet will help you think about a plan.

Plan if I Become Infected

People That Are Part Of Our Plan

Name	Phone #	Relationship	Role in Plan
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Living Situation If You Are Sick

If you become sick, where are you staying? Where is your loved one staying?
If you are both staying in the same house, how are you keeping separate?

Responsibilities Outside of Your Home

Is there anyone outside of your home that you are responsible for? Do you need to follow up with your place of employment? Who will be responsible for getting groceries, medications, and other essential items?



RCAW
Respite Care Association
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608-222-2033
info@respitecarewi.org
www.respitecarewi.org

Plan if My Loved One Becomes Infected

People That Are Part Of Our Plan

Name	Phone #	Relationship	Role in Plan
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Does the county caseworker/ case manager need to be informed?

Living Situation If Your Loved One Is Sick

The CDC recommends that someone who is sick stays in a specific room and uses a separate bathroom, if available. Avoid sharing personal items like dishes, towels, and bedding Clean all surfaces that are touched often.

Items and Supplies You Will Need

Since you have been exposed and will continue to take care of your loved one, what supplies will you need for the next 14+ days? Food, medications, cleaning supplies? What items will you need to keep yourself safe? Face masks, gloves? Where will you get these supplies?

PLAN AHEAD! Talk to the people on your plan now! Get any of the supplies you can now (reasonable amounts) or have a plan of how you will get them.



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