

2
0
2
4

Caregiver's Planner

13-Month Calendar

Compliments of



Your Custom Cover FREE with Orders of 1,000+ Calendars!

This is a full-size PDF copy of ACP's 2024 Caregiver's Pocket Planner Calendar — 13-Month Edition
See Last Page for Custom Cover Details.

ACP's planner meets ALL CMS guidelines for sales/marketing, communications, and health/wellness priorities.

Planner Size

Closed: 4-1/4" high x 6-1/2" wide • opens to 8-1/2" x 6-1/2"

FREE Custom Calendar Cover with Your Order of 1,000+

Please Note: The words "Review Copy" shown on the inside pages do not appear on the actual printed planners. This content and format copyright 2023 by American Custom Publishing. All rights reserved. This PDF may not be reproduced in any format; violators are subject to legal action.

For custom options, prices, and client samples, contact:

Gary W. Ford, ACP publisher

gford@acpinc.com • Phone: 1-800-828-8225 • Web: seniorcalendars.com

FAST FACTS ON CAREGIVING IN AMERICA

\$600 billion

The annual price tag for informal caregiving of adults by friends and relatives in the U.S.



Coordinating care



26% of family caregivers have trouble coordinating care.

61% employed

The number of caregivers who are employed, more than half of which work full time.



56%

The percent of family caregivers that are age 50 or older.

24.4 hours

Average amount of care hours family caregivers provide every week.

41.8 million

The number of unpaid caregivers of adults 50 and older in the U.S.

STRESS level



Family caregivers rate their stress level at 4.13 on a scale of 1 to 5, with 5 being the most stressed.

24% of Americans provide care for more than one person.



Feel rewarded

Percent of those caring for adults 50+ said it gave them a sense of purpose.

This calendar is designed to help you organize your caregiving activities in 2024. Inside, you will find monthly caregiver tips and thoughts about caregiving, along with reference pages to help with your caregiving responsibilities. (Sources for the monthly motivational thoughts are listed in the back of the calendar.) We hope this calendar will be a useful resource for you throughout the year.

Identification

Name _____

Home Phone _____

Cell Phone _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Person to Notify in Case of Emergency

Name _____

Home Phone _____

Cell Phone _____

E-mail _____

Relationship _____

2024 Caregiver Back-Up Plan

List names and phone numbers of people and organizations who can help if you are temporarily unable to provide care. These people may also help you with much needed respite breaks from your caregiving responsibilities.

Home Health Agency _____

Social Service Agency _____

Family Members/Neighbors _____

Assisted Living Facility _____

Nursing Home _____

House of Worship Resources _____

Others Who Can Help _____

2024 Family Carelist

Caregiving often means filling out forms, making phone calls, and handling medical, insurance, or legal matters. Work with the person you care for and other family members to gather information and documents well before they are needed in a medical emergency or other situation. Make a “master list” and file folder that you store safely and include the following:

- All bank accounts, investments, account numbers, and types of accounts.
- All usernames and passwords needed for online accounts and any social media.
- Insurance company names, policy numbers, beneficiaries as stated on the policies, and type of insurance.
- Deeds and titles to any property.
- Loan/lien information, who holds them, and if there are any death provisions.
- Social Security and Medicare numbers.
- Military history, affiliations, and papers (including discharge papers).
- Up-to-date will in a safe place (inform family where the will is located).
- Living Will or other Advance Directive appropriate to your state of residence.
- Durable Power of Attorney.
- Instructions for funeral services and burial (if arrangements have been secured, name and location of funeral home).

Useful Caregiver Resources for 2024

AARP – Visit AARP’s family caregiving website: aarp.org/caregiving/.

Aging Life Care Association – caremanager.org. Help in locating *Aging Life Care Professionals*® available in your area.

Alzheimer’s Association – alz.org • 1-800-272-3900.

BenefitsCheckUp.org – This web-based service from the *National Council on Aging* helps older adults, their families, and caregivers locate benefits and programs that meet their needs.

CaringOurWay.com – Connect to a community that understands.

Family Caregiver Alliance – caregiver.org
Works to improve the quality of life for caregivers.
1-800-445-8106.

Medicare – medicare.gov
1-800-MEDICARE
(1-800-633-4227)
(TTY: 1-877-486-2048).

National Academy of Elder Law Attorneys – naela.org
Help in locating lawyers that specialize in legal issues for seniors and their families.

National Eldercare Locator Service – eldercare.acl.gov
Provides help in locating senior services in local communities: 1-800-677-1116.

National Institute on Aging (NIA) – <https://www.nia.nih.gov/health/caregiving>.

Seasons.com – Find local resources and helpful articles.

Social Security (ssa.gov)
1-800-772-1213
(TDD: 1-800-325-0778).

Caregivers and Stress

Stress is an inevitable part of caregiving. Here are some ways to manage it:

- **Join a support group** — One that you attend, talk by phone, or one of many online caregiver support groups.
- **Be physically active.** Try walking, swimming, or yoga.
- **Create your own “time out” space** — A special area where you can retreat, and where your privacy is respected.
- **Seek spiritual renewal.** For example, read an inspirational book, listen to music, or attend a faith service.
- **Schedule regular respite time.** Find someone else who can provide care during your break.
- **Start a journal.** Keep a written record describing your caregiving challenges.
- **Try meditation.** Regular meditation can help reduce stress.

Sometimes stress becomes unmanageable, especially after long periods with no relief in sight. *You may need to consult a health professional if you experience some of these stress symptoms regularly:* frequent or excessive crying; extreme emotional reactions to everyday situations; nervous habits such as overeating or nail biting; loss of appetite; insomnia or oversleeping; trouble thinking clearly or making decisions.

December 2023

"As your care recipient's advocate, be involved, don't accept the status quo, and don't be afraid to voice your concerns."

Discuss ways to make the season bright for everyone in the family, including the person under your care. Create new, simple holiday traditions that reflect what you and your family can realistically manage.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes _____ _____ _____ _____					1	2
				<i>Medicare's Open Enrollment ends December 7th</i>		
3	4	5	6	7	8	9
				Hanukkah begins at sundown		
10	11	12	13	14	15	16
17	18	19	20	21	22	23
				Winter begins		
24	25	26	27	28	29	30
New Year's Eve 31	Christmas	Kwanzaa begins				

January 2024

*"You are braver than you believe,
stronger than you seem, and smarter
than you think."*

Is your back-up plan current in case you are temporarily unable to provide care? Use the chart in this calendar to list names and numbers of people who can help in an emergency.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Year's Day	2	3	4	5	6
7 National Glaucoma Awareness Month	8	9	10	11	12	13
14	15 Dr. Martin Luther King, Jr. Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Notes _____ _____ _____ _____		

February 2024

"If you are patient in one moment of anger, you escape a hundred days of sorrow."

Feeling overwhelmed? Know when to reach out for help. Ask family members, friends, neighbors, or community groups to help share the load. Be specific about what you need done and when.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes _____ _____ _____ _____			American Heart Month Black History Month	1	2 Groundhog Day National Wear Red Day	3
4	5	6	7	8	9	10
11	12	13	14 Ash Wednesday Valentine's Day	15	16	17
18	19 Presidents' Day	20	21	22	23	24
25	26	27	28	29		

March 2024

"Forgiveness is not an occasional act: it is an attitude."

Online health resources can help you learn more about the condition of the person who is under your care. These government websites can help: nlm.nih.gov/portals/public.html and healthfinder.gov.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes _____ _____ _____ _____			National Nutrition Month®	Red Cross Month	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
Ramadan Begins Daylight Saving Time begins						
17	18	19	20	21	22	23
St. Patrick's Day		Spring begins				
24	25	26	27	28	29	30
Palm Sunday						
Easter					Good Friday	
31						

April 2024

"Caregiving often calls us to lean into love we didn't know possible."

Are your financial affairs in order?

Consult a tax specialist to make sure you are taking all allowable tax credits and deductions. This is especially important if the person you care for is a dependent.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Cancer Control Month April Fools' Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 Passover begins at sundown	23	24	25	26	27
28	29	30		Notes _____ _____ _____ _____		

May 2024

*"Take care of your body.
It's the only place you have to live."*

Looking for help finding senior services in your area? Visit *Eldercare Locator*: eldercare.acl.gov, or call **1-800-677-1116** (TTY: 711). Also, explore this online benefits checklist from the *National Council on Aging*: benefitscheckup.org.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes _____ _____ _____ _____			1 Older Americans Month	2 Arthritis Awareness Month	3 National High Blood Pressure Education Month	4 Mental Health Month
5 Cinco de Mayo	6	7	8	9	10	11
12 Mother's Day	13	14	15	16	17	18 Armed Forces Day
19	20	21	22	23	24	25
26	27 Memorial Day	28	29 31 st annual National Senior Health & Fitness Day®	30	31	

June 2024

"Some days there won't be a song in your heart. Sing anyway."

If you are a long-distance caregiver, you face a number of unique challenges. Read "8 Tips for Long-Distance Caregiving," at nia.nih.gov/health/eight-tips-long-distance-caregiving.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes _____ _____ _____ _____						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
Father's Day			Juneteenth	Summer begins		
23	24	25	26	27	28	29
30						

July 2024

"Worry never robs tomorrow of its sorrow, it only robs today of its joy."

Are you up-to-date with your care recipient's legal matters? To find a local elder law attorney, visit the *National Academy of Elder Law Attorneys* website: naela.org.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 Independence Day	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Notes _____ _____ _____ _____		

August 2024

"Be determined to handle any challenge in a way that will make you grow."

Take personal time every day. Plan short breaks and rest, read, or phone a friend to help keep a good perspective. Surround yourself with people who support your role as a caregiver.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes _____ _____ _____ _____ _____			National Immunization Awareness Month	1	2	3
4	5	6		7	8	9
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2024

"We want caregivers to know that there is support for them, and there's understanding and there is help. You don't have to go it alone."

Every year, 1 in 4 older adults fall. If you care for an older adult, there are steps you can take to help prevent falls. Visit this *National Council on Aging* website for help:

ncoa.org/healthy-aging/falls-prevention/.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 National Cholesterol Education Month	2 Prostate Cancer Awareness Month Labor Day	3	4	5	6	7
8 National Grandparents Day	9	10	11 Patriot Day	12	13	14
15	16	17	18	19	20	21
22 Autumn begins	23 Falls Prevention Awareness Week	24	25	26	27	28
29	30	Are you and the person you care for up-to-date on your immunizations?		Notes _____ _____ _____ _____		

October 2024

"A smile is the light in your window that tells others that there is a caring, sharing person inside."

The annual Medicare Open Enrollment Period begins October 15th and ends December 7th. Take time to explore Medicare options for the person you care for. Visit [medicare.gov](https://www.medicare.gov), or call **1-800-MEDICARE** (1-800-633-4227) TTY: 711.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
	Breast Cancer Awareness Month		Rosh Hashanah begins at sundown			
6	7	8	9	10	11	12
National Fire Prevention Week					Yom Kippur begins at sundown	
13	14	15	16	17	18	19
	Columbus Day	Medicare's Open Enrollment Period begins				
20	21	22	23	24	25	26
27	28	29	30	31	Notes _____ _____ _____ _____	
				Halloween		

November 2024

"Family members, friends, and neighbors devote countless hours to providing care...we recognize and thank the humble heroes who do so much to keep our families and communities strong."

The *Caregiver Action Network* works to improve the quality of life for more than 90 million Americans who care for loved ones. Learn more at: caregiveraction.org.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes _____ _____ _____ _____					1	2
		National Family Caregivers Month	American Diabetes Month®	Alzheimer's Disease Awareness Month	National Home Care & Hospice Month	Native American Heritage Month
3	4	5	6	7	8	9
Daylight Saving Time ends		Election Day				
10	11	12	13	14	15	16
	Veterans Day					
17	18	19	20	21	22	23
				Great American Smokeout		
24	25	26	27	28	29	30
				Thanksgiving		

December 2024

Check with your state's Department on Aging about programs which may reimburse a family member for providing care.

"The future depends on what you do today."

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7 <i>Medicare's Open Enrollment ends</i>
8	9	10	11	12	13	14
15	16	17	18	19	20	21 <i>Winter begins</i>
22	23	24	25 <i>Christmas Hanukkah begins at sundown</i>	26 <i>Kwanzaa begins</i>	27	28
29	30	31 <i>New Year's Eve</i>		Notes _____ _____ _____ _____		

Custom Full-Color Front and Back Covers Available with Orders of 500+ Calendars:

- 13-month calendar promotes your caregiving programs and services every day of the year
- Calendars fully “CMS-compliant”
- Extensive custom options
- Available for immediate delivery



For prices and custom options:

info@seniorcalendars.com • 800-828-8225 • seniorcalendarorders.com

Review Copy