

2025

# Caregiver's Planner

13-Month Calendar

Compliments of

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**Seen Daily**  
**Throughout the Year!**

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This is a full-size PDF copy of ACP's 2025 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"

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Gary W. Ford, ACP publisher

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# 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.

**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.

**61% employed**

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



**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 4.10 on a scale of 1 to 5, with 5 being the most stressed.

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

**51%**

**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 2025. 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 \_\_\_\_\_

## 2025 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 \_\_\_\_\_

## 2025 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 2025

**AARP** — Visit AARP's family caregiving website: [aarp.org/caregiving/](http://aarp.org/caregiving/).

**Aging Life Care Association** — [caremanager.org](http://caremanager.org). Help in locating Aging Life Care Professionals® available in your area.

**Alzheimer's Association** — [alz.org](http://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](http://caregiver.org). Works to improve the quality of life for caregivers. **1-800-445-8106**.

**FindHelp.org** — Find free or reduced-cost resources like food, housing, financial assistance, health care, and more.

**Medicare** — [medicare.gov](http://medicare.gov)  
**1-800-MEDICARE**  
**(1-800-633-4227)**  
(TTY: 1-877-486-2048).

**National Academy of Elder Law Attorneys** — [naela.org](http://naela.org). Help in locating lawyers that specialize in legal issues for seniors and their families.

**National Eldercare Locator Service** — [eldercare.acl.gov](http://eldercare.acl.gov). Provides help in locating senior services in local communities: **1-800-677-1116**.

**Seasons.com** — Find local resources and helpful articles.

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

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## 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 2024

*"In the heart of every caregiver is knowing that we are all connected."*

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

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
22	23	24	25 Christmas Hanukkah begins at sundown	26 Kwanzaa begins	27	28
29	30	31		Notes _____ _____ _____ _____		
New Year's Eve 31						

# January 2025

*"One person caring about another represents life's greatest value."*

Do you have a back-up plan 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
Notes _____ _____ _____ _____			1 New Year's Day	2 National Glaucoma Awareness Month	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Dr. Martin Luther King, Jr. Day	21	22	23	24	25
26	27	28	29	30	31	

# February 2025

*"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	3	4				5
Groundhog Day					National Wear Red Day	
9	10	11	12	13	14	15
					Valentine's Day	
16	17	18	19	20	21	22
	Presidents' Day					
23	24	25	26	27	28	
					Ramadan Begins	

# March 2025

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](https://nlm.nih.gov/portals/public.html) and [healthfinder.gov](https://healthfinder.gov).

*"The simple act of caring is heroic."*

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



# April 2025

*"While we may not be able to control all that happens to us, we can control what happens inside us."*

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 April Fools' Day	2	3	4	5
6	7 Cancer Control Month	8	9	10	11	12 Passover begins at sundown
13 Palm Sunday	14	15	16	17	18 Good Friday	19
20 Easter	21	22	23	24	25	26
27	28	29	30	31	Notes _____ _____ _____ _____	

# May 2025

*"While we may not be able to control all that happens to us, we can control what happens inside us."*

Looking for help finding senior services in your area? Visit *Eldercare Locator*: [eldercare.acl.gov](http://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](http://benefitscheckup.org).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes _____ _____ _____ _____				1  Older Americans Month	2  National High Blood Pressure Education Month	3  Mental Health Month
4	5  Cinco de Mayo	6	7	8	9	10
11  Mother's Day	12	13	14	15	16	17  Armed Forces Day
18	19	20	21	22	23	24
25	26  Memorial Day	27	28  32 <sup>nd</sup> annual National Senior Health & Fitness Day®	29	30	31

# June 2025

*"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](https://nia.nih.gov/health/eight-tips-long-distance-caregiving).

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

# July 2025

*"No act of kindness, no matter how small, is ever wasted."*

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](http://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 2025

*"A good laugh and a long sleep are the two best cures for anything."*

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				
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# September 2025

*"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/](https://www.ncoa.org/healthy-aging/falls-prevention/)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Prostate Cancer Awareness Month <b>Labor Day</b>	2	3	4	5	6
7 National Cholesterol Education Month	8	9	10	11 Patriot Day	12	13
14	15	16	17	18	19	20
21 Falls Prevention Awareness Week (9/22-9/26)	22 <b>Rosh Hashanah</b> begins at sundown Autumn begins	23	24	25	26	27
28	29	30		Notes _____ _____ _____ _____		

# October 2025

"Caring has the gift of making the ordinary special."

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**, or call **1-800-MEDICARE** (1-800-633-4227) TTY: 711.

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

# November 2025

*"I have found that among its other benefits, giving liberates the soul of the giver."*

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](http://caregiveraction.org).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes _____ _____ _____ _____			National Family Caregivers Month American Diabetes Month®	Alzheimer's Disease Awareness Month	National Home Care & Hospice Month	1  Native American Heritage Month
2  Daylight Saving Time ends	3	4  Election Day	5	6	7	8
9	10	11  Veterans Day	12	13	14	15
16	17	18	19	20	21  Great American Smokeout	22
23	24	25	26	27	28	29
30				Thanksgiving	November 2025	



# December 2025

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

*"He who wishes to secure the good of others, has already secured his own."*

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 <b>Hanukkah</b> begins at sundown	15	16	17	18	19	20
21 Winter begins	22	23	24	25 <b>Christmas</b>	26 Kwanzaa begins	27
28	29	30	31 New Year's Eve	Notes _____ _____ _____ _____		

# Credits for Monthly Motivational Messages

<b>December 2024</b>	Tia Walker
<b>January</b>	Jim Rohn
<b>February</b>	Chinese proverb
<b>March</b>	Edward Albert
<b>April</b>	Benjamin Franklin
<b>May</b>	Jim Rohn
<b>June</b>	Emory Austin
<b>July</b>	Aesop
<b>August</b>	Irish Proverb
<b>September</b>	Denise Brown
<b>October</b>	Geroge R. Bach
<b>November</b>	Maya Angelou
<b>December</b>	Confucius

*There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.*

*– Rosalyn Carter*

We would like to thank Denise Brown, founder/owner of *The Caregiving Years Training Academy*, for her help in reviewing this calendar. Learn more about creating caregiving plans to get a break and get paid at [CaringOurWay.com](http://CaringOurWay.com).

## 2026

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4	1 2	1 2 3 4 5 6
4 5 6 7 8 9 10	8 9 10 11 12 13 14	8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9	7 8 9 10 11 12 13
11 12 13 14 15 16 17	15 16 17 18 19 20 21	15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16	14 15 16 17 18 19 20
18 19 20 21 22 23 24	22 23 24 25 26 27 28	22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23	21 22 23 24 25 26 27
25 26 27 28 29 30 31		29 30 31	26 27 28 29 30	24 25 26 27 28 29 30	28 29 30
				31	
JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4	1	1 2 3 4 5	1 2 3	1 2 3 4 5 6 7	1 2 3 4 5
5 6 7 8 9 10 11	2 3 4 5 6 7 8	6 7 8 9 10 11 12	4 5 6 7 8 9 10	8 9 10 11 12 13 14	6 7 8 9 10 11 12
12 13 14 15 16 17 18	9 10 11 12 13 14 15	13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21	13 14 15 16 17 18 19
19 20 21 22 23 24 25	16 17 18 19 20 21 22	20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28	20 21 22 23 24 25 26
26 27 28 29 30 31	23 24 25 26 27 28 29	27 28 29 30	25 26 27 28 29 30 31	29 30	27 28 29 30 31
	30 31				

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