



Read**ON**Arabia

**A parent and caregiver
resource**

Caring for the Caregiver

A practical companion for parents and caregivers

Open this book when...

you need a moment to pause, a clear next step, or a reminder that you do not have to carry everything alone.



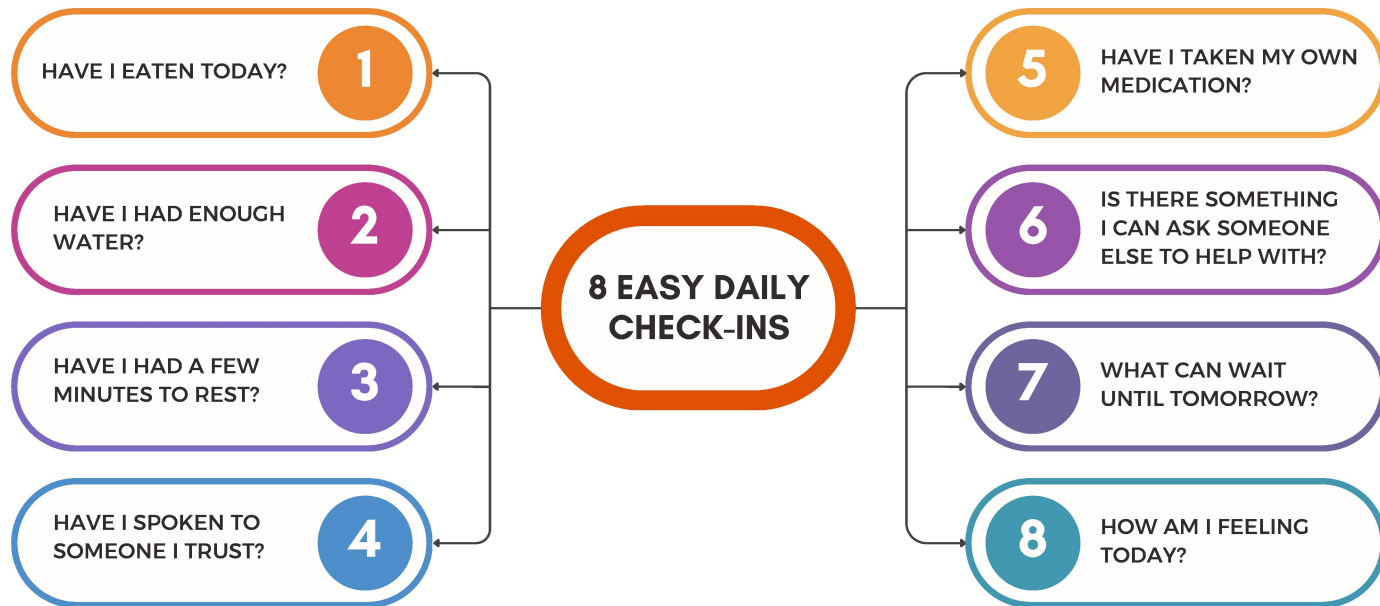
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Caring for the Caregiver



Small steps count. Caring for yourself is part of caring for your family.



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MY HARD DAY PLAN

One step at a time is enough.

01

What absolutely needs to happen today?

02

What usually helps my child?

03

What usually helps me?

04

What is one thing I can make easier today?

05

What can I let go of today?



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- ☐ Name of child/ Preferred name
- ☐ Medical conditions
- ☐ Allergies
- ☐ Medication
- ☐ Communication style
- ☐ Mobility needs
- ☐ Feeding needs
- ☐ Sensory needs
- ☐ Signs of pain or discomfort
- ☐ What comforts my child

- ☐ Things to avoid
- ☐ Emergency contacts
- ☐ Preferred routines
- ☐ Favourite activities / interests
- ☐ How my child says "yes" and "no"
- ☐ Triggers or things that may cause distress
- ☐ Calming strategies that work well
- ☐ Toileting / personal care needs
- ☐ Seizure or emergency response instructions
- ☐ Important equipment or assistive devices

What I wish people knew about my child. Helpful for teachers, doctors and emergency staff.



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Preparing for a Medical Appointment

BEFORE YOUR APPOINTMENT

- Write your top 3 concerns
- Bring an updated medication list
- Note recent changes
- Bring photos/videos if symptoms come and go
- Bring important reports or test results

QUESTIONS TO ASK

- What do you think is happening?
- What are our options?
- What should I watch for?
- When should I seek urgent help?
- What happens next?
- Who should I contact if I have questions?

Before leaving: Make sure you understand the plan and next steps.



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My Caregiver Binder. Keep important information together:

- Medical reports
- Medication list
- Test results
- Therapy reports
- School documents
- Equipment information
- Insurance documents
- Important contacts
- Appointment notes
- Emergency plan

 **Tip:**
Keep a digital backup
whenever possible.



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WHO CAN...

Be specific when asking for help.
Instead of: "I need help."
Try: "Could you pick up groceries
for us this week?"

- bring a meal?
- give me a short break when I need to recharge?

- listen when I need to talk?
- help with errands?

- drive us somewhere?
- help with household tasks or chores?

- stay with my child?
- understand my child's medical needs?



- help with siblings?
- step in during an emergency?



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Supporting Siblings

- Give siblings individual attention when possible
- Explain medical needs in age-appropriate language
- Let them talk about difficult feelings
- Remind them that all feelings are okay
- Avoid making them responsible for caregiving
- Celebrate their interests and achievements
- Ask: “How are things for you?”





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Looking Ahead

Future Planning

Questions to start thinking about:

- Who knows my child well?
- Who could support them if I were unavailable?
- What information would another caregiver need?
- What skills can we encourage for independence?
- What decisions may need to be made as my child gets older?
- What financial, legal, education or care planning should I learn about?
- Where are important documents stored?

You do not need all the answers today.

Starting the conversation is a first step.





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