



CAREGIVING | FIELD GUIDE

A ride to care without chaos

Coordinate the appointment and the trip as one plan.

A note from Victoria

Transportation can become the hardest part of care. The more details you hold alone, the more exhausting the day becomes.

What to do

Confirm appointment time, arrival requirements, mobility needs, pickup address, return-trip plan, and who will accompany the person. Ask the clinic about accessibility and delays. Check insurance or local transit benefits with the provider; do not assume coverage.

Words you can use

"We need a ride that can accommodate [specific need]. What time should pickup be, and whom do I call if the appointment runs late?"

One useful step I can take today:

I could start with: Write the return-trip contact before leaving home.

The strength I see in you

You are solving a real systems problem, not failing at organization.

Peer support and organization, not medical or legal advice. Follow the treating team's instructions. For urgent danger or symptoms, contact emergency services or the clinician.



CAREGIVING | WORKSHEET

A ride to care without chaos

Use this page in your own words. You can leave any part blank.

Arrival time and access needs

The ride home if the visit runs late

Who to call if transportation falls through

My next manageable step

A person, service, or place I can turn to (if useful)

Peer support and organization, not medical or legal advice. Follow the treating team's instructions. For urgent danger or symptoms, contact emergency services or the clinician.