



CAREGIVING | FIELD GUIDE

The supplies you keep running out of

Make a simple reorder point before the last item is gone.

A note from Victoria

Running out of one small supply can derail a whole day. You do not need a perfect inventory system; you need a reliable signal.

What to do

List the three items most likely to run out, how long ordering takes, and who can reorder. Set a visible “order when this many remain” point. Ask the care team or supplier about substitutions before a shortage; never replace prescribed equipment without guidance.

Words you can use

“We use [item] regularly. What is the reorder process, and who can help if delivery is delayed?”

One useful step I can take today:

I could start with: Write one item’s reorder point on its storage shelf or calendar.

The strength I see in you

You have been noticing the details that keep care moving.



CAREGIVING | WORKSHEET

The supplies you keep running out of

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

The three supplies we use most

When each item should be reordered

Who to contact about a safe substitute

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.