



The monthly care-review conversation

Notice changes before they become emergencies.

A note from Victoria

When every day is busy, care plans can become outdated quietly. A short review can catch what no longer fits.

What to do

Once a month, ask what is easier, what is harder, which supplies or appointments are coming, and what the person wants changed. Update the contact list and backup plan. Bring medical changes to the care team rather than adjusting treatment alone.

Words you can use

"What part of this month worked for you? What is one thing you want us to do differently next month?"

One useful step I can take today:

I could start with: Schedule a fifteen-minute review with the person and one helper.

The strength I see in you

Your willingness to revise the plan is a strength, not a sign the old one failed.



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

What worked well this month

What has become harder or changed

One adjustment the person receiving care wants

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.