



The first handoff to a new caregiver

Give the next person what they need without making the person receiving care invisible.

A note from Victoria

A new caregiver can bring relief and worry at the same time. You know the small details that help a day go well, and you can share them clearly.

What to do

Introduce the care recipient and ask how they want to be addressed. Review essential routines, communication, mobility, allergies, and who to call for questions. Demonstrate any nonclinical task that needs explanation. Keep written instructions current and accessible only to authorized helpers. For skilled or medical tasks, use trained personnel and the treating team's plan. Agree on how the new caregiver will report concerns.

Words you can use

"Here is what helps [name] feel comfortable, what must happen today, and the number to call if something is unclear. What would you like me to demonstrate?"

One useful step I can take today:

I could start with: Write the three details a new caregiver could not safely guess.

The strength I see in you

A thoughtful handoff makes room for both safety and dignity.



CAREGIVING | WORKSHEET

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

Three details the new helper must know

A task that needs demonstration

How concerns will be reported

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.