



## Family/Caregiver Planning Tool

### ACTIVITY: GOING TO THE STORE

Problems	Solutions
a) Walking up and down the aisles makes me dizzy b) Bright lights	1) Patient makes list; caregiver goes shopping 2) Caregiver accompanies patient to store 3) Patient brings list and only shops for short periods

### ACTIVITY: SOCIAL GATHERING

Problems	Solutions
a) Too many people talking at once b) Lots of social interaction makes me tired	1) Agree on a time to leave in advance 2) Have a signal in case patient needs to leave early 3) Let host know about your special needs in advance 4) Family member can help explain your needs to guests (e.g. trouble hearing)

### ACTIVITY: EVENTS (E.G. CONCERT, RELIGIOUS SERVICE)

Problem	Solution
a) Too much visual stimulation b) Too loud; noises all blur together c) Lots of movement from sitting to standing	1) Sit near an exit 2) Agree on how long to stay 3) Have a pre-established signal if patient needs to leave early 4) Bring tools to support patient's needs (e.g. ear plugs, portable chair, etc.)



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## DISORDERS ASSOCIATION

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### ACTIVITY: TRAVEL/VACATION

Problem	Solution
<ul style="list-style-type: none"><li>a) I become fatigued from constant activity</li><li>b) Airports are difficult to navigate</li><li>c) Not following a regular routine can trigger my symptoms</li><li>d) It's hard to stay on a low-sodium diet when eating out all the time</li></ul>	<ul style="list-style-type: none"><li>1. Plan travel at least 6 months in advance (see VEDA's Travel Tips)</li><li>2. Contact the airport and request handicap assistance</li><li>3. Don't plan a busy schedule; allow for rest breaks</li><li>4. Bring plenty of fresh water; make sure patient stays hydrated</li><li>5. Make sure patient packs all their required medications</li><li>6. Frequently ask the patient how they are feeling and be ready to adjust your schedule if they are fatigued</li></ul>

### ACTIVITY: GOING TO THE DOCTOR

Problem	Solution
<ul style="list-style-type: none"><li>a) I have difficulty hearing what doctors and nurses say</li><li>b) I can't remember everything I want to tell the doctor</li><li>c) I can't remember everything the doctor says</li></ul>	<ul style="list-style-type: none"><li>1. Accompany patient to their doctors' visits</li><li>2. Prepare list of information to report and questions for the doctor</li><li>3. Take notes during the visit</li></ul>

### ACTIVITY: EATING OUT/RESTAURANTS

Problem	Solution
<ul style="list-style-type: none"><li>1. Restaurants are often loud and busy, which can make it difficult to hear and trigger symptoms</li><li>2. I don't know what to order that wouldn't contain too much sodium</li></ul>	<ul style="list-style-type: none"><li>1. Choose smaller, quiet restaurants; avoid restaurants with high ceilings and/or loud music</li><li>2. Request a corner table away from the door and/or speakers</li><li>3. Tell the server that the patient has a health condition that requires them to limit their sodium intake, and request recommendations for meals that can be prepared without salt</li></ul>