USE WHAT HELPS

Your personal care plan

Make room for the person living this day.

Date / what the day already asks of me

Basic needs: food, fluids, washing, comfort, and opportunity for sleep

What I can simplify, share, postpone, or decline

Restoration: quiet, enjoyment, connection, or a familiar routine

Support: practical help or professional advice I may need

An easier version for a difficult day / one priority need

If the plan becomes another burden, simplify it. Your care should remain useful to you.



USE WHAT HELPS

Observation & support

A few clear sentences can help you choose a next step.

Date / ordinary activity or experience

What I noticed

Context: circumstances, surroundings, responsibilities, and access

What I currently think it may mean

What I did and what I noticed afterward

What remains difficult / what support or adjustment would help

Keep observations separate from explanations. Seek appropriate help for concerns that need it.

A PRACTICAL REVIEW

Make care easier to access

Choose one useful change for the day you have.

Name the difficulty

Be specific. “I keep postponing dinner after work.” “The towel is difficult to reach.” “Messages fill the time I need for rest.”

Write one sentence about the need and what makes it difficult to meet.

Change an arrangement

Move something within reach, prepare a simple option earlier, choose a more comfortable position, or ask someone to share a task.

Example: “I’ll decide on an easy meal before leaving for work, so I won’t need to plan it when I’m tired.”

Leave room for rest

Choose one task that can wait, become smaller, or be shared. Identify the room that creates for care.

Example: “The optional task can wait. I’ll use that time to eat and settle before bed.”

Make a clear request

Ask for a form of help someone can understand. “Could you cover this task while I rest?” “Can you sit with me for a while?”

Choose someone who respects your needs and boundaries. Consider professional support when appropriate.

Review without grading yourself

What helped? What became a demand? What still needs attention? Keep one useful change and revise one part that didn’t fit.

An awkward day can tell you something about the arrangement. You don’t have to turn it into a judgment about yourself.