



How Can Action Plans be Beneficial for Caregivers?

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Helping individuals impacted by the limiting effects of aging have an optimal quality of life



Action Plans and their Purpose:

“An Action Plan is an agreement or “contract” with yourself to help you do something you WANT TO DO during the week that will help you reach a goal”, according to Powerful Tools for Caregivers.

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There are 4 Parts to an Action Plan:

1. Something YOU want to do

This is not a TO DO list. This is something that you have either done in the past or want to try to help you feel better and take care of yourself

2. **REACHABLE**

Action plans should be something you can easily complete during the next week. We want you to succeed so it is important to be realistic to what you choose

3. Behavior Specific:

The more specific you can be about what you will do the better.

- Take a walk for 10 mins, or around the block
- Read a book before bed for 30 minutes, or 1 chapter

Being Realistic about your goal will aid in being successful

4. Answers these Questions:

WHAT?

HOW MUCH?

WHEN?

HOW OFTEN?

5. CONFIDENCE LEVEL:

This is how confident you are
that you will complete your
ENTIRE Action Plan

0- 10

not at all to- 100% confident

Remember Action Plans are
here to HELP you



Thank you for allowing me
to share and GOOD LUCK
with your own Action Plan

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