No Siblings, No Backup

Free Companion Worksheets

These are full-size, print-and-fill versions of the tools in the book's appendices — the same worksheets, with more room to write. **Everything you need is already printed in the book;** this pack is a free bonus. No sign-up, no email. Print any page you like, as many times as you like, for your own family's use.

Keep these somewhere your backup person can find them.

In a crisis right now: Medical or safety emergency — call **911**. You or your parent in emotional crisis (U.S.) — call or text **988**. Suspected abuse/neglect, or to find local help — **Eldercare Locator 1-800-677-1116**.

Only-Child Care Readiness Score

For each, mark Yes, Partly, or No. This is a map of where your bench has gaps — not a test.

Statement	Yes	Partly	No
If my parent were hospitalized tonight, someone other than me could legally get information and reach their medication list within an hour.	☐	☐	☐
There is at least one local person (not me) who could reach my parent within a day.	☐	☐	☐
I know where my parent’s key documents are (will, powers of attorney, insurance, deeds).	☐	☐	☐
There is a written answer — somewhere other than my head — to “who does what if I’m unavailable for two weeks.”	☐	☐	☐
In the last month I had one full day genuinely off from the caregiver role.	☐	☐	☐
My parent has named a health-care proxy and a financial power of attorney.	☐	☐	☐
There is one current, shareable medication list.	☐	☐	☐
I have a backup person who could coordinate care if something happened to me.	☐	☐	☐

Count your Yes answers. 0–2: start with the basics (Parts 1–2). 3–5: find your weakest gap and aim there. 6–8: write it all down so the system survives you having a bad week.

Care Role Inventory

Every “hat” you wear for your parent. Star (★) the ones only YOU can do — everything else is a candidate to hand off.

Invisible Work Audit (3 days)

Every time you do something that leaves no visible trace — a call, a reminder, a worry — jot it here.

Day 1

Day 2

Day 3

Change-from-Baseline Observation Log

Track patterns, not single incidents. A dated record is what a doctor can act on — and your corroboration as a solo caregiver.

Date	What I noticed	How it differs from baseline	What I did

Backup Bench Roster

Backup is a network, not one substitute sibling. Fill a seat at a time; a blank seat is a recruiting target.

Role	Name	Phone	What they cover
Primary backup			
Local eyes & ears			
Emergency contact			
Transportation			
Home / maintenance			
Medical advocate / care mgr			
Paid care / agency			
Respite (covers ME)			

Specific Help Request List

Concrete, bounded asks matched to people (a job, not a mood).

Ask ______________________________

Ask ______________________________

Ask ______________________________

If I Am Unavailable — Plan

The most important page. Give a copy to your primary backup. Test: could they keep your parent safe for two weeks without you?

Parent’s full name / DOB / address

Where they live / who cares for them

Doctors / pharmacy / insurance

Current medications & allergies

Legal authority (proxy / POA) & where the documents are

Access (keys / lockbox / alarm codes)

Care plan & bench roster — where to find them

Pets & their care

Parent’s known wishes

Who to call first

One-Page Health & Emergency Summary

Keep current. Carry to every ER and appointment. This is also your Hospital Grab Sheet.

Name / DOB / address

Emergency contacts (you + backup)

Conditions / diagnoses (as documented)

Current medications — name, dose, purpose

Allergies

Pharmacy

Providers + phone numbers

Insurance (Medicare + supplement/Advantage, Part D)

Health-care proxy / advance directive — where kept

Parent Financial Map

A directory (institutions & categories), not passwords or balances — so you're not hunting in a crisis.

Income sources	
Regular bills & how paid	
Bank / investment institutions	
Insurance (health/Medicare, life, LTC, home, auto)	
Debts	
Property & where deeds/titles are	
Tax preparer / past returns	
Professionals (advisor, CPA, attorney)	

Fraud Safeguards — done?

- ☐ Credit frozen at all THREE bureaus (Equifax, Experian, TransUnion) — free
- ☐ Trusted contact added to bank / brokerage accounts (gives them no account authority)
- ☐ Family rule set: "We never give card/SSN/gift cards to anyone who calls; we call back on a number we look up."

One-Page Care Plan

Goals (what we're protecting)

Top risks we're watching

Weekly tasks — owner — backup

Task	Owner	Backup
Medications		
Meals		
Shopping		
Housekeeping / laundry		
Transportation		
Bills		
Check-in calls		
Home maintenance		

Escalation triggers (what change → what we do)

Review date

Weekly Operating Rhythm

Parent check-in (day/time)

Admin block (batch bills, refills, portal)

Helper touchpoint

Caregiving Cost Forecast (mine)

Make the invisible drain visible — so it’s a decision, not a default.

Out-of-pocket (co-pays, groceries, gas, supplies, floated bills) $ ______________________

Lost income (reduced hours, passed-up raises, time off) $ ______________________

Future cost (retirement contributions & Social Security credits missed) $ ______________________

TOTAL, and projected forward $ ______________________

Boundary Decision Sheet

Run each financial ask through these — decide on purpose, not by guilt.

- Can my parent’s own resources cover it?
- Is there a benefit, program, or cheaper option first?
- What does saying yes cost MY future, honestly?
- Is this one-time or open-ended?
- If I say yes to this, what am I saying no to for myself?

Parent Conversation Worksheet

The Twelve Opening Questions — ask one at a time, when a moment opens. Jot what you learn.

1. What does a good day look like for you right now?

2. What are you most looking forward to? Most worried about?

3. If you needed more help someday, where would you most want to be?

4. Is staying in this house important, or is it the neighborhood, or the independence?

5. Who besides me would you trust to help?

6. If you couldn’t speak for yourself for a while, who should the doctors listen to?

7. Are there treatments you’d want, or definitely wouldn’t want, near the end?

8. Where do you keep the important papers?

9. Is there anyone I should call right away if something happens?

10. What would you want me to know that I’ve never thought to ask?

11. What do you NOT want me to worry about?

12. Can we agree to keep talking about this a little at a time?

Ninety-Day Action Plan

Small, finishable steps. Check them off.

Days 1–30 — stabilize

- ☐ Move one thing out of my head onto paper (a med list, a doctor’s name, where a key is)
- ☐ Start the Readiness Score and an observation log
- ☐ Fill the easiest bench seat (usually a neighbor / local eyes & ears)
- ☐ Write the If I Am Unavailable card and give a copy to my backup

Days 31–60 — build authority & information

- ☐ Make an elder-law attorney appointment
- ☐ Start health-care proxy + HIPAA + financial POA (with my parent)
- ☐ Build the financial map and put fraud safeguards in place
- ☐ Build the one-page health summary

Days 61–90 — run it

- ☐ Build the one-page care plan + weekly rhythm
- ☐ Add one paid or respite seat
- ☐ Protect one part of my own life on the calendar
- ☐ Book my OWN overdue medical appointment

Who to Call

Emergencies: 911 (medical/safety) · 988 (crisis, U.S.) · Eldercare Locator 1-800-677-1116 (local help / Adult Protective Services)

My parent's team

Primary care doctor	
Specialist(s)	
Pharmacy	
Preferred hospital	
Local backup / eyes & ears	
Aging life care manager	
Elder-law attorney	
Financial planner / CPA	
Insurance / Medicare help (SHIP)	

Resource guide (starting points — confirm current details):
Eldercare Locator — eldercare.acl.gov · National Institute on Aging — nia.nih.gov/health/caregiving · Family Caregiver Alliance — caregiver.org · Aging Life Care Association — aginglifecare.org · Medicare — medicare.gov · Medicaid — medicaid.gov · HIPAA — hhs.gov/hipaa · FTC (fraud/credit freeze) — consumer.ftc.gov · FINRA (trusted contact) — finra.org · FMLA — dol.gov/agencies/whd/fmla

For the estate and home-clearing project after a parent's death, see the companion volume, *The House After Mom and Dad*.