HELLO AND WELCOME

THE FAMILY CARE PLANNING WORKBOOK

A Guide from Your Partners at APA Medical Equipment

BEFORE WE START...

Welcome. This workbook is designed to be your trusted companion as you navigate the important and often challenging journey of caring for a loved one. We understand that this is a time of many questions, and our goal is to provide you with a clear, actionable resource that helps you feel more prepared and in control.
Inside, you will find practical tools to organize information, prepare for important conversations, and make informed decisions about your family's care plan.

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A RESOURCE TO HELP YOU THRIVE

EBOOK **CONTENTS**

let's get started

The journey of caring for a loved one is one of the most important and often challenging experiences a family can face. Uncertainty can quickly become overwhelming, replacing confidence with confusion regarding planning timelines, necessary medical equipment, and intricate insurance coverage.

The Family Care Planning Workbook: A Guide from Your Partners at APA Medical is specifically designed to eliminate that uncertainty.

GETTING STARTED

HOW TO PLAN FROM MINOR MOBILITY CHANGES TO POST-HOSPITAL STAYS

ACTIONABLE TIPS FROM YOUR PARTNER

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SECTION 1

Planning Timelines **And Triggers**

Caring for an aging family member is a journey, not a single event. Understanding the key triggers and planning ahead can make the process smoother. This timeline can help you identify when to start considering certain types of support.

- **Initial Conversations (Early Planning):** This phase begins when you notice small changes in a loved one's mobility, memory, or daily routine.
- **Trigger: Minor Mobility Changes:** Your loved one has difficulty getting up from a chair, navigating stairs, or walking long distances. This is a good time to consider grab bars, lift chairs, and walkers.
- **Trigger: Home Safety Concerns:** You notice risks around the home, such as a lack of handrails in the bathroom or tripping hazards. This is an immediate trigger for a home safety assessment and the consideration of bathroom and bedroom aids.

- **Trigger: Post-Hospital Stay:** A recent surgery, injury, or illness requires a period of at-home recovery. This is a critical time to arrange for temporary or long-term equipment to aid in rehabilitation and recovery.
- **Trigger: Change in Insurance Coverage:** An annual open enrollment period or a change in insurance can trigger the need to re-evaluate what Durable Medical Equipment (DME) is covered and the process for obtaining it.
- **Trigger: Increased Care Needs:** Your loved one requires constant supervision or assistance with daily living activities. This may signal the need for more comprehensive support, including specialized beds or incontinence products.

THIS COMPREHENSIVE WORKBOOK HELPS YOU REGAIN CONTROL BY GUIDING YOU THROUGH EVERY CRITICAL PLANNING STAGE

MADE FOR YOU BY APA--A RESOURCE

SECTION 2

Your Care Team **Worksheet**

A strong support system is key. Use this fillable worksheet to keep track of everyone on your care team, from family members to healthcare providers and community resources.

Role	**Name**	**Phone Number**	**Email**	**Notes**
Primary Care Physician				
Physical Therapist				
Insurance Case Manager				
Community Social Worker				
Home Health Aide				
Primary Caregiver				
Siblings/Family				

SECTION 3

Call Prep Sheet for Doctor Visits

Make the most of your time with a physician by being prepared. Bring this sheet to appointments to ensure you cover all your questions and concerns.

Before the Visit:

- List all of your loved one's medications, including dosage and frequency.
- Note any new or worsening symptoms since the last visit.
- Identify specific questions you have about their condition, treatment, or prognosis.
- Write down any concerns about their home environment, mobility, or safety.

During the Visit:

- Ask about a diagnosis: "Can you please explain the diagnosis in a way we can understand?"
- Discuss treatment options: "What are the next steps? What treatments or therapies are available?"
- Inquire about necessary equipment: "Based on their current condition, what Durable Medical Equipment (DME) do you recommend? Is there a prescription we will need?"
- Clarify follow-up instructions: "What should we be watching for at home? When should we schedule our next appointment?"

DME Equipment **Comparison Checklist**

SECTION 4

Use this checklist to evaluate different types of equipment and determine which features are most important for your loved one's specific needs.

Equipment Type	Features to Compare	Option 1	Option 2	Best Fit?
Lift Chairs	Power Recline, Seat Height, Fabric Type, Remote Control, Weight Capacity			
Walkers/Rollators	Foldability, Weight, Wheel Size, Seat and Basket, Hand Brake Type			
Hospital Beds	Adjustable Height, Head/Foot Elevation, Side Rails, Mattress Type			
Bathroom Aids	Grab Bar Style (Suction/Permanent), Commode Type, Shower Chair Features			
Incontinence Supplies	Absorbency Level, Product Style (Pads/Briefs), Subscription Options			

SECTION 5

Understanding **Insurance & Coverage**

IMPORTANT TIP: *ALWAYS VERIFY COVERAGE BEFORE PLACING AN ORDER. OUR TEAM AT APA MEDICAL IS HERE TO HELP YOU NAVIGATE THESE COMPLEX QUESTIONS.*

Navigating insurance can be complex, but understanding the basics is essential. The type of insurance your loved one has will determine what Durable Medical Equipment (DME) is covered. This section is a general guide to help you get started.

1. **Medicare:** Many DME items are covered under Medicare Part B. Typically, Medicare will pay for 80% of the Medicare-approved amount, and you will be responsible for the remaining 20% after meeting your deductible.

2. **Medicaid:** Medicaid programs vary by state. Many DME items are covered, but eligibility, coverage, and the re-determination process can be complex.

3. **Private Insurance:** Coverage depends on the specific plan. It is crucial to contact the insurance provider directly to verify coverage, deductibles, co-pays, and which providers are in-network.

SECTION 6

Next **Steps**

YOU'VE GOT A PLAN. NOW LET US HELP YOU EXECUTE IT.

1. **Browse our full online catalog** for more product details, videos, and specifications for all the equipment mentioned in this guide.

2. **Contact us directly** to speak with a care coach who can answer your questions and help you navigate the ordering process.

The human touch in medical equipment

Reliable equipment.
Real support.
Right when you need it.

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