
Checklist for Choosing Your CarePartner

Think about and name one or more trusted friends or family members with whom you have a great relationship. Your CarePartner can live far away; your relationship with them is more important. Later in your journey other friends and family living close can assume those tasks that need to be done locally.

Ask yourself concerning each person listed: "Has this person **already** demonstrated, in our relationship, the following?" Y or N

1. They support me in the way I prefer to be supported.
2. They let ME make my own decisions and have supported me in having my choices honored; they can be expected to do this with both my medical and my personal community.
3. They are truthful with me and I can be with them. They listen compassionately and stand for me getting what I need and want.
4. I like to spend time with them, a lot! They often make me laugh.
5. They are assertive enough to stand up for ME (my wishes) when I can't.
6. They expect the best from people and believe people want to "help."
7. They are also able to take a NO graciously- without making people wrong.
8. They are comfortable communicating with strangers by phone and email, asking for help on my behalf, capable managing a number of volunteers.
9. What I really love about this person, why I'd like them to be with me during this time is _____.

Were you able to get at least 7 Yeses? You have uncovered a personal CarePartner who likely will work for you! Call and ask him or her to check out www.CareBrigade.com (Roles Page) to learn what CarePartners do, and also review the other Core Personal Support Roles to see who else will be supporting you both!

If, after reviewing the Roles, your friend wants to say no, suggest he/she consider one of the other Roles that you feel would match his/her gifts. Ask him/her to try that one out to see how it goes. Scribe (only if he/she lives close) and Spiritual/Emotional Advocate (can be at a distance) are both important Roles in the beginning. Since Roles are not people...during the course of you medical journey, other people may volunteer or you might invite someone else to play CarePartner (or another Role.) Ask other listed candidates (if they rate 6 or above) to play other Core Support Roles, if their gifts/talents make them candidates). The most important factor is you want to be close to them at this time! The Patient gets to say What Supports YOU!