Developing a Caregiver Plan

University of Michigan
C.S. Mott Children’s Hospital

Pediatric Blood and Marrow Transplant Program Patient Guide
Developing a Caregiver Plan

Coming up with a reliable caregiver plan is challenging for most patients and families, as family members and friends work and have other responsibilities. Often, a caregiver plan includes several people who are available to assist at various times with specific duties or needs. Below are examples of potential caregiver options that other patients and families have used.

A single option listed below may not be enough. You may need to combine several options to come up with a reliable caregiver plan.

**Caregiver Options Include:**

- A family member who utilizes FMLA time off from work
- A retired friend or family member who is available during the week when a parent is at work
- A friend or family member who works part-time and is available to assist on their days off
- A friend or family member who is available to live with the patient at home or in Ann Arbor for a specific period of time (i.e. 2 weeks when they are in town on vacation, a month in the summer when off work, during a leave from work)
- A friend or family member who is available weekdays, evenings, or weekends only – working together with other friends/family who are available to cover the other times
- Private duty aides or caregivers are available for an hourly fee (average $18-20/hour through various agencies). Insurance companies rarely pay for these services so patients either pay for them out-of-pocket or have family or friends fundraise to cover this expense. A friend or family member who is able to drive patient to clinic appointments partnering with another friend/family member who does not drive and is available to assist with home needs.
- A friend of a friend, co-worker, or family member of a friend

Caregivers do **not** need to have medical experience or training.
Member(s) of a religious or community organization that the patient, family and/or friends belong to.

**Develop a Caregiving Calendar:** Many patients and families find it helpful to use a blank calendar and to pencil in dates and times when caregivers are available. Keep in mind that dates and times can change according to patient recovery needs.

**Have A Back-Up Plan for Emergencies:** For patient safety, always have a back-up caregiver available just in case the primary caregiver becomes ill for a short period of time (i.e. with a cold or the flu).

**Special consideration for patients less than 18 years old:** We recommend a plan that identifies a caregiver who will stay with child during all hospitalizations and be present during all outpatient visits.

For more information and other patient and family resources, visit [http://www.mottchildren.org/](http://www.mottchildren.org/)

---

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

Patient Education by University of Michigan Health System is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](http://creativecommons.org/licenses/by-nc-sa/3.0/).

Reviewers: Carrie Kitko, MD and John Levine, MD

Last Revised 01-2013