

RESOURCE EDITION

# A Practical Caregiver Toolkit

Simple organizers, home-safety reminders, planning prompts and Kern County contacts you can keep close at hand.

**2026 Caregiver Resource Edition**

Original caregiver education, advocacy updates and community resources for Kern County.

DAILY ORGANIZATION

# Build one simple system for the information you need most

Care situations generate phone numbers, medications, appointments, questions, forms and changing instructions. A one-page “care snapshot” can reduce stress and make handoffs easier.

## Practical steps

- Keep an updated medication list including dose, schedule and prescribing clinician.
- List allergies, key diagnoses, mobility needs and communication preferences.
- Write down emergency contacts and who is authorized to make decisions.
- Keep a running list of questions for upcoming medical appointments.
- Record changes in sleep, appetite, falls, behavior or pain that should be discussed with a professional.

### Privacy matters

Store sensitive information securely and only share it with people who have a legitimate role in the person’s care.

HOME SAFETY

# Small changes can make daily routines easier and safer



A safer home is often a series of modest improvements rather than one major renovation. Walk through the home as if you were seeing it for the first time and look for places where balance, vision, memory or mobility may create risk.

## Practical steps

- Improve lighting in hallways, bathrooms, entryways and between the bed and restroom.
- Remove loose rugs, clutter and cords from common walking paths.
- Keep frequently used items within easy reach to reduce climbing and bending.
- Consider grab bars, non-slip surfaces and a stable shower seat where appropriate.
- Make sure footwear is secure and walking devices are within reach before standing.

### Personalize the plan

A qualified clinician, occupational therapist or other professional can help identify changes that match an individual’s mobility and health needs.

PLANNING AHEAD

# Important conversations are easier before a crisis

Families often postpone legal, financial and care-planning conversations because they feel uncomfortable. Starting early gives the person receiving care more opportunity to express preferences and participate in decisions.

## Practical steps

- Ask a qualified professional whether an advance health care directive is appropriate.
- Review financial and legal decision-making documents with an attorney or trusted professional.
- Organize insurance information, benefits, identification and important account contacts.
- Discuss preferences for in-home support, adult day services, residential care and emergency plans.
- Create a backup plan for who steps in if the primary caregiver becomes unavailable.

**Not legal advice**

Every family situation is different. Use licensed legal, financial and health professionals for individualized advice.

KERN COUNTY RESOURCE DESK

# Keep these numbers where you can find them

### Kern County Aging & Adult Services - Information & Referral

**661-868-1000**

Information about senior and disability services, in-home options and local programs.

### Kern County HICAP

**661-868-1000 | 800-434-0222**

Free Medicare counseling and help understanding coverage, appeals and plan options.

### Kern County Adult Protective Services

**661-868-1006 | 800-277-7866**

Reports and assistance involving suspected abuse, neglect or exploitation of elder or dependent adults.

### Alzheimer's Association 24/7 Helpline

**800-272-3900**

Free information, caregiver support and dementia-related resources, day or night.

### 988 Suicide & Crisis Lifeline

**988**

Call, text or chat 988 for immediate crisis support. Call 911 for an emergency requiring immediate response.

### contact

kernoasis@gmail.com | 661-282-7109

For community outreach, volunteering, partnerships and updates on the future facility vision.




# Keep the toolkit simple enough to use

The best caregiver system is the one you can maintain. Start with one page of contacts, one folder for key documents and one place for appointment questions. Add complexity only when it truly helps.

## How you can help right now

- Print this guide and keep it with your care binder or emergency information.
- Share tasks with family, friends and community resources instead of carrying every responsibility alone.
- Call Kern County Aging & Adult Services when you need help identifying local options.
- Contact Kern Oasis at kernoasis@gmail.com or 661-282-7109 for community involvement and updates.

### Stay connected

Email: kernoasis@gmail.com

Phone: 661-282-7109

Educational information only; not medical, legal or financial advice. Future facility details are planning concepts.