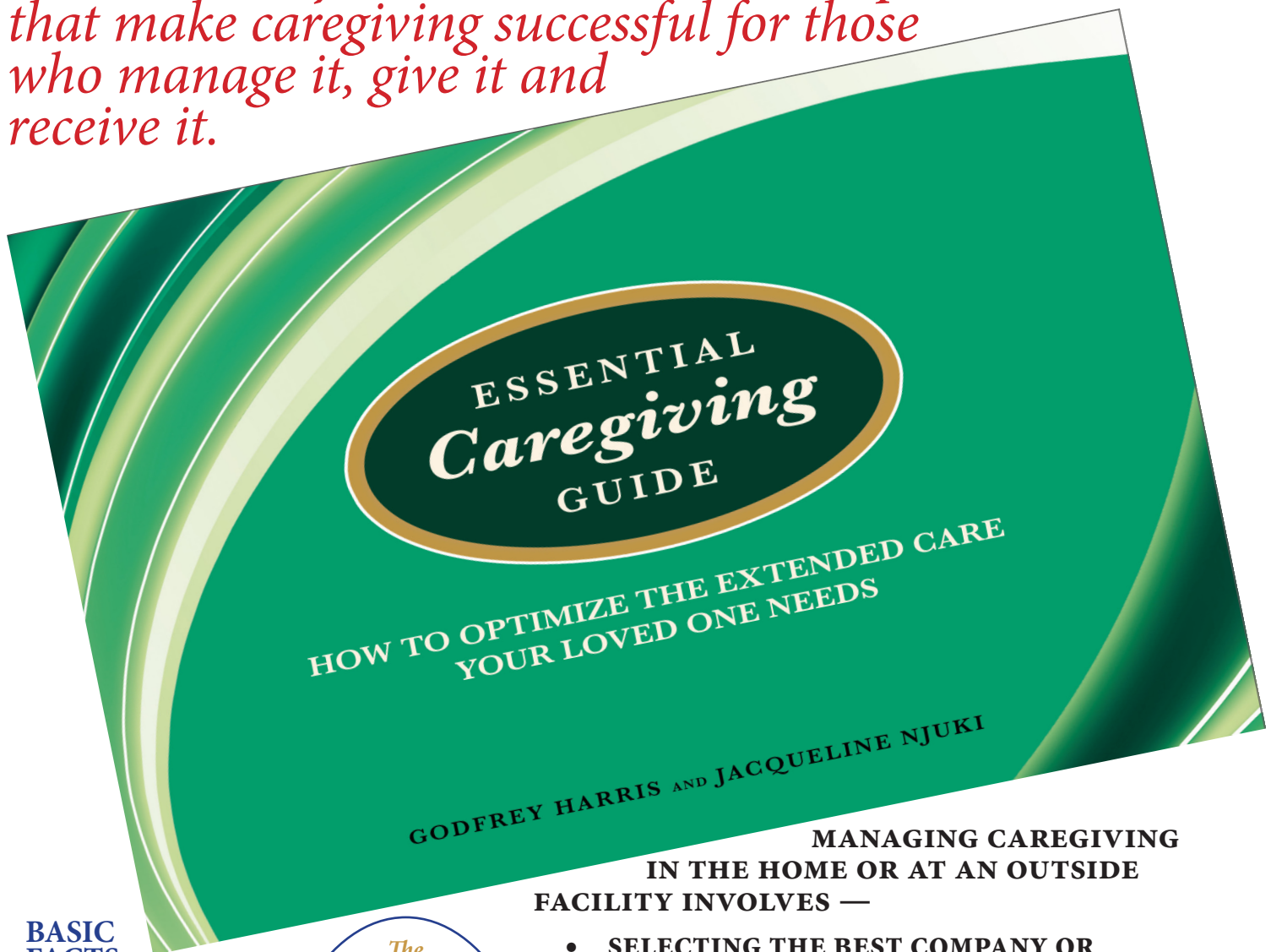


*Provides the systems, ideas and techniques that make caregiving successful for those who manage it, give it and receive it.*



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*The authors' invention of the word "kacipients" to describe those who receive caregiving services suggests the originality of their approach to a challenge facing more and more graying people with still older relatives in need of caregiving services.*

— JH

## **MANAGING CAREGIVING IN THE HOME OR AT AN OUTSIDE FACILITY INVOLVES —**

- **SELECTING THE BEST COMPANY OR PERSON TO PROVIDE THE CARE NEEDED.**
- **DECIDING HOW THE CARE IS TO BE GIVEN.**
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## ABOUT THE CREATORS OF THE *ESSENTIAL CAREGIVING GUIDE*



**GODFREY HARRIS** has been preparing managerial options to everyday activities — political programs, event planning, household moving, project development — for the past 50+ years as a public policy consultant. Prior to co-founding Harris/Ragan Management Group in 1968, Harris taught political science at two universities and was a U.S. diplomat in three world capitals. While recuperating from back surgery, he realized that caregiving services could benefit from the same kind of planning, record keeping and management approaches he had applied to many other topics.



**JACQUELINE NJUKI** has been providing professional caregiving services for the past 14 years. Born and raised in Nairobi, Kenya, Jackie came to the U.S. to train in nursing. She soon realized that her interests and fast-developing skills could also be applied to caring for individuals recovering from surgery as well as to those with more permanent challenges involving strokes, cardiovascular issues, neurological diseases and neuromuscular disorders. Jackie has provided caregiving services directly to kaciipients as well as through commercial caregiving services.

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### ESSENTIAL HEALTH DATA

ESSENTIAL  
HEALTH  
DATA  
VERSION # \_\_\_\_\_

KACIPIENT

Current Age

ESSENTIAL  
HEALTH  
DATA  
\_\_\_\_/\_\_\_\_/\_\_\_\_ DATE

The Essential Health Data form — FORM B1 — is designed to be completed once, and updated when necessary, so that caregivers have all the information any doctor's office is ever likely to need.

Make sure the caregiver always has a copy for handy reference.

PRIMARY CARE DOCTOR	PHONE NUMBER	FAX NUMBER	EMAIL	PRIMARY PHARMACY	LOCATION	PHONE NUMBER	
SPECIALIZED CARE DOCTOR(S)			SPECIALTY	PHONE NUMBER	PHYSICAL TRAINER	LOCATION	PHONE NUMBER
MEDI CARE NUMBER			SUPPLEMENTAL INSURANCE POLICY/NUMBER	CHIROPRACTOR	LOCATION	PHONE NUMBER	
PRINCIPAL DIAGNOSIS			ALLERGIES	PODIATRIST/WOUND CARE	LOCATION	PHONE NUMBER	
PAST MAJOR ILLNESSES			PREVIOUS SURGERIES	MASSAGE THERAPIST	LOCATION	PHONE NUMBER	
				DERMATOLOGIST	LOCATION	PHONE NUMBER	
				OPHTHALMOLOGIST	LOCATION	PHONE NUMBER	
				ORTHOPEDIST	LOCATION	PHONE NUMBER	
Blood Pressure: <input style="width: 40px; height: 20px;" type="text"/> Height: <input style="width: 40px; height: 20px;" type="text"/> Pulse Rate: <input style="width: 40px; height: 20px;" type="text"/> Weight: <input style="width: 40px; height: 20px;" type="text"/> Blood Type: <input style="width: 40px; height: 20px;" type="text"/> Date of Birth: <input style="width: 40px; height: 20px;" type="text"/> Cautions: <input style="width: 100%; height: 20px;" type="text"/>			<b>MEDICINES/SUPPLEMENTS</b>				
		TYPE	DOSAGE	TIMING	DESIGN	NOTES	
		Name	Strength    Amount	Frequency    Start    End	Color    Shape    Location	Limits/Purpose	