



I am a
CAREGIVER



Caregivers can be advocates for the person they care for. Here are four questions to consider asking when you interact with healthcare providers:

- 1. What is the main concern today?**
- 2. What needs to be done next?**
- 3. Why is it important to do this?**
- 4. Who can I contact if I have questions?**

For additional tips and resources visit:
www.ontariocaregiver.ca