

22 WAYS
THIS UNIQUE
PERSONAL
PLANNING AND
MANAGEMENT
SYSTEM CAN HELP
STARTING TODAY





HELP #1

- *The Close-Knit Carebook™* is the user-friendly, personal data organization system designed for convenient recording of vital and necessary information for you or your loved one managing healthcare at home.
 - All pertinent information is on the first document (front and back), including blood type.
 - This the emergency medical professionals' dream
 - Make other special notations (i.e. diabetic)
 - Record the name of your physician, contact number and address on this first critical page
 - Note next of kin, P.O.A. and health care proxy, etc.





HELP #2

- *The Close-Knit Carebook™* Provides Peace and Calming influence through organization and clarity
 - Studies show people feel more secure when they know what to expect
 - Having a “blue print” to follow, with examples, provides direction and subtle, prompting reminders
- Why does this work?
 - Because leadership from experience is present
 - Those who adopt *The Close-Knit Carebook™* have taken charge of the unexpected & decided on Order over Chaos, Clarity over Confusion, Security over Vulnerability



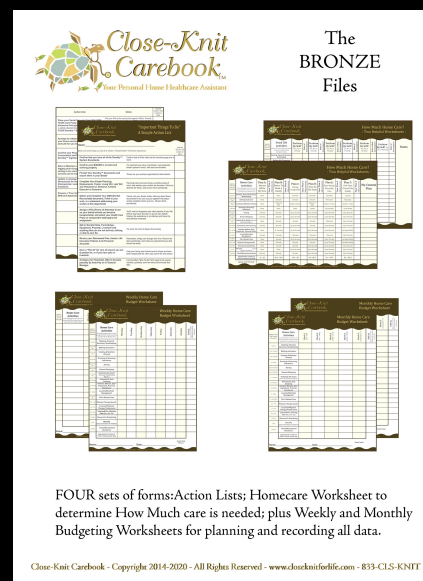
HELP #3

- *The Close-Knit Carebook™* puts a comprehensive checklist in your hands, outlining all the important areas to be addressed with at-home care, with space for your own notes on each
 - Go over each item with your loved ones and advisors to confirm info and decisions
 - Check them off as you address each task
 - See right away just how much you've accomplished, and experience relief and comfort



HELP #4

- *The Close-Knit Carebook™* walks you through the careful planning of activities, where you want and need personal assistance. People of all ages and circumstances benefit from health care at home.
- Review six different examples of fully described at-home care possibilities
- Use a handy column to tailor your own personal plan to your specific needs and budget





HELP #5

- *The Close-Knit Carebook*™ tracks the “who” and “when” of the caregiver(s) helping each week
 - When a change is needed, there are no surprises, as everything's recorded on paper
 - Family and Friends of the one receiving care can know what their loved one is up to each day, where and with whom...all they need to do is open up *The Close-Knit Carebook*™



HELP #6

- *The Close-Knit Carebook™* is portable and right at hand. Early participants will be the first to receive an offering for the future app should there be sufficient demand for that, too
 - Pre-formatted, pre-organized, color-coded system of documents makes it easy to find helpful, needed information
 - Consolidation of all relevant information makes it a breeze to take *The Close-Knit Carebook™* along to appointments and overnight trips when they arise



HELP #7

- *The Close-Knit Carebook™* provides gentle reminders for frequent meal times, hydration, scheduled medications and supplements
 - Care givers and receivers have access and direct involvement
 - Provides an ongoing, tangible record
 - Fosters positive feelings of accomplishment
 - Allays worries or fear of forgetting or neglect





HELP #8

- *The Close-Knit Carebook™* makes it easy to pre-plan meals by noting “allergies, no-no’s & dislikes”
 - Facilitates communication between care giver and care receiver for meals with no surprises
 - Makes it easy to shop for needed meal items
 - Helps friends and family know what they can serve on special occasions, for variety and a treat outside the pre-planned meals.



HELP #9

- *The Close-Knit Carebook™* delivers, with a category-focused shopping list for easily noting what's needed. Shopping has never been easier!
- Food products are broken down into categories
- Health Care products
- Personal products
- Household Cleaning, Tools and Maintenance products





Help #10

- *The Close-Knit Carebook™* helps you record Supply Sources for items needed for your at-home care experience. Taking care of most yourself? *The C-K Carebook™* will be helpful to you.
 - List Local Grocery Stores and General Markets
 - Record names and contact info of Pharmacists
 - Note Home Healthcare Supply businesses
 - List Doctors, Dentist(s) and other practitioners



HELP #11

- *The Close-Knit Carebook™* has a Pets Page! List:
 - Names, Species, Breeds, Age(s), spay/neuter status
 - Daily and Weekly Duties (feed/walk/give meds/groom)
 - Food, Water & Medication Amounts
 - Locations of pet-related items
 - Shot or Vaccination Records
 - Veterinarian(s) contact information
 - Dog Walker or Pet Sitter? Note them here!



HELP #12

- *The Close-Knit Carebook™* provides pages to track:
 - Prescriptions and Special Needs Items
 - Medical History, Dr.s Visits with Notes
 - Recorded Vitals & other Important Stats
 - Physicians, Dentists & Specialists, and
 - Your Advocate(s) and/or Caregiver(s)' schedules and notations on where else they've been recently.





HELP #13

- *The Close-Knit Carebook™* makes it a snap to keep all the most important and private, health-related information AT YOUR FINGERTIPS - and easily accessible, even in a power outage or community emergency. Technology isn't *always* available...
 - Note each prescribing Physician or Therapist
 - Itemize each and every Prescription with instructions
 - Keep track of All Start and Expiration Dates
 - Over-the-Counter medications can be listed
 - Special Notes and Warnings on each Rx



HELP #14

- *The Close-Knit Carebook™* provides an organized Diagnosis Page for listing each and every diagnosis made by doctors, therapists and other practitioners
 - List and date all illnesses requiring ongoing care
 - Provides for a historical record of prior diagnoses
 - Keep track of Changing Conditions
 - Identify who made each diagnosis



HELP #15

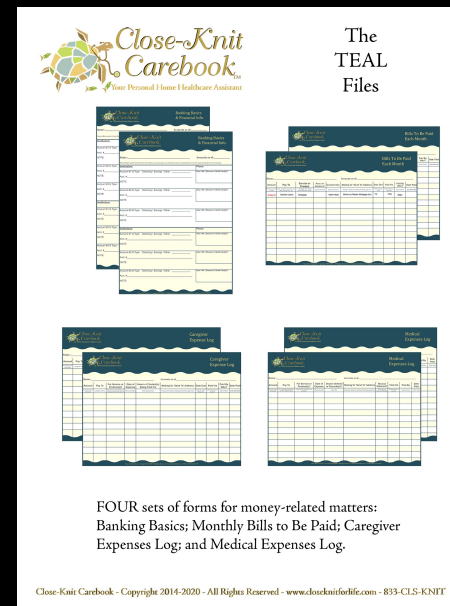
- *The Close-Knit Carebook™* includes a private, paper-only “Message Center” which gives care givers, receivers, practitioners and family a special place to write ideas, thoughts, fears, suggestions, questions and answers for each other, and conveniently for all.
 - Encourages open, clear communication
 - Supports memory challenges
 - Ensures concerns and feelings are addressed
 - Respects and aids the sense of “overwhelm”
 - Jot a note when timing means a talk isn’t possible



HELP #16

- Nine color-coded sets of forms and documents make up *The Close-Knit Carebook™*. There's even a group to cover money-related matters, such as:

- Banking Basics
- Monthly Bills to be paid
- Log sheets for Medical and Caregiver Expenses





HELP #17

- *The Close-Knit Carebook™* manages any Legal Professionals information and documents
 - Record name(s) and contact information
 - Identify the law firm(s) or consultants
 - Note what type of work the legal professional has performed or can provide
 - Note each professional's rates
 - Record where the completed legal work is being safely stored for easy retrieval



HELP #18

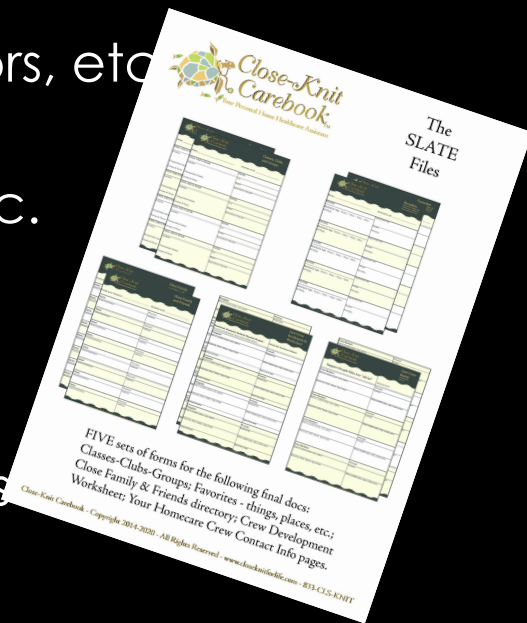
- *The Close-Knit Carebook™* gives you a place to list your Emotional and Spiritual Support Resources
 - Name Clergy or Spiritual Counselor(s)
 - Rabbi(s)
 - Minister(s)
 - Pastor(s) & Assistant Pastor(s)
 - Priest(s)
 - Nun(s) & Reverend Mother(s)
 - Reverends and Deacon(s)
 - Christian Science Practitioner(s)
 - Sunday School Teacher(s)
 - Include Close Friends and Family members





HELP #19

- *The Close-Knit Carebook™* is completed with the last color-grouping which covers the following:
 - Favorites - places, things, foods, colors, etc.
 - Clubs/Groups, Activities, Hobbies, etc.
 - CareCrew Development Worksheet
 - CareCrew Members Directory pages





HELP #20

- *The Close-Knit Carebook™* is a Great Value
 - Large selection of pre-designed, ready-to-use, PDF files making up the core of this in-hand "notebook" system.
 - Print the documents from the on-line accessible electronic ZIP Folder and enter your information to the designated places provided, then store in a 3-ring binder
 - Make as many copies as you want for you and your family, OR fill in digitally and keep the PDFs saved on your device(s).
 - You will have everything needed to organize, such that staying at home to assure good health and happiness for your loved one(s) is more than manageable...Much has already been done for you!



HELP #21

- *The Close-Knit Carebook™* works well in any 3-ring binder, brief case or accordion-style file box to assure your records are accessible, whether electronics, computers or other devices are available or not!
 - Personalize it with your choice of tab dividers.
 - Utilize page protector sleeves to simply wipe pages clean of spills or smears, keeping your pages dry and protected
 - Pop in zippered compartments for collected business & appointment cards, the day's receipts, paper clips, pencils, markers, pens and highlighters!



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CONTACT US!

- *The Close-Knit Carebook*™ welcomes you to visit our website at www.closeknitforlife.com.
- Call or write with questions, comments and further details, anytime!
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