

CALGARY VASCULITIS ASSOCIATION

Caregivers Toolkit

**A handbook for Families/Caregivers Supporting
Individuals with Vasculitis**

"Kindness can transform someone's dark moment with a blaze of light. You'll never know how much your caring matters. Make a difference for another today."

--Amy Leigh Mercree,

*Developed by: Velma Mockett, PHD
For: Calgary Vasculitis Association*



HELP US CREATE
AWARENESS

Calgary Vasculitis Association CAREGIVER TOOLKIT

**THIS GUIDE IS DEDICATED TO ALL THOSE WHO LIVE WITH THE
CHALLENGES OF VASCULITIS AND THE CAREGIVERS WHO SUPPORT THEM**

Prepared by: Velma Mockett, PhD



CAREGIVER TOOLKIT OVERVIEW

If you are a caregiver for someone with **VASCULITIS**, you are not alone. This toolkit is designed to provide you with guidance, support, and advice

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SECTION I

Caring for Someone with VASCULITIS

WHO ARE CAREGIVERS?

i. CAREGIVING DEFINED

If you provide direct care and support to a person with VASCULITIS, you are likely a **caregiver**, regardless of your relationship to the person with VASCULITIS.

ii. WHAT IS A VASCULITIS CAREGIVER?

A VASCULITIS caregiver is **someone who is committed to providing care and support to a person diagnosed with VASCULITIS.**

iii. WHO ARE VASCULITIS CAREGIVERS?

Caregivers may be **parents, a spouse, children, other family members, or friends.** In some cases, there may be more than one caregiver.

iv. WHAT DOES A CAREGIVER DO?

Because each VASCULITIS diagnosis is so unique, **care needs and caregiving responsibilities may vary.** You may need to provide more help, such as day-to-day care (e.g., keeping track of medication administration); or, less frequent care (e.g., going to doctor visits with your loved one). One of the most important functions of a caregiver is to provide emotional support. Even if you play a small role in the day-to-day care of your loved one, you may still play a crucial role in their mental and emotional health.

HOW YOU CAN HELP

The more you know about VASCULITIS and how to cope with VASCULITIS, the better prepared you are to be a good caregiver. Understanding the disease can make the initial transition into caregiving a little less daunting. It can also help you determine a caregiving plan that meets the specific needs of your loved one.

UNDERSTAND VASCULITIS

Learning about VASCULITIS is an ongoing process, however, here are some things you should focus on first:

- 1) **Educate yourself**—Educate yourself about the nature of VASCULITIS and the symptoms of the disease. For more information regarding VASCULITIS, refer to the about vasculitis section on our website
- 2) **Be open to change**—Living with VASCULITIS usually requires certain lifestyle adjustments.
- 3) **Be emotionally considerate**—Feelings of sadness, helplessness, and uncertainties about the future are a normal part of living with chronic illness.
- 4) **Be aware**—Be aware of how VASCULITIS is affecting your loved one (physically and emotionally) and pay attention to changes in symptoms or physical conditions that may suggest a flare.
- 5) **Stay organized.** Keep a record of medical history, test results and medications. Also, write down appointments, physician names and contact information, including the pharmacy number.
- 6) **Advocacy.** Support your loved one in developing skill to articulate their needs, feelings and thoughts as they navigate the health and mental health system. It is also important that you also develop advocacy skills to effectively support your love one.
- 7) **Develop alliance with medical team.** Good relationships with medical team is vital when dealing with chronic illnesses such as vasculitis. Find doctors who are experienced in vasculitis, are responsive to your loved one's needs and concerns and who work as a team to provide individualized care.
- 8) **Be responsive.** Don't tell your loved one what to think or feel or how to act. Validate their feelings and concerns. Observing what someone is going through does not mean you know how they feel or think or that you understand. Instead of saying things like, "I know how you feel," try asking, "how can I support you now in this moment?" or just remind them you care. Create an emotionally safe space for your love one to feel comfortable to vent and be honest about their feelings.

- 9) **Prioritize responsibilities.** It helps to make a list of daily tasks and prioritize what needs to be done. Space out activities and leave time for rest or rejuvenation. Remember that you don't have to take over all your loved one's life. Your loved one will probably want to feel as independent and in control as possible.
- 10) **Make time for yourself.** Caregiving can sometimes be isolating. It is OK to need time for yourself. Although it is easy said, don't feel guilty about needing some time for yourself. Your loved one may also need space to be and to process as well. Take small increments of time for yourself each day. Self-care is vital to effective care giving. Take a walk, go for coffee with a friend, go to a yoga class, Tai Chi or Pilates class, get a massage, take a warm bath or listen to music.
- 11) **Know your limitations.** It is not uncommon for caregivers to feel that they are not doing enough to help. Avoid taking on more than you can handle. You may be struggling to balance your care-giving duties, work and home responsibilities, do not be embarrassed to ask for help.
- 12) **Accept help.** Do not be afraid to share the responsibility with others. When people offer to help, be specific about what you need. Also, some websites and apps provide calendars and other useful tools that can help you manage.
- 13) **Join a community.** Staying connected with others in similar situation may help you feel less alone and provide much needed emotional outlet. Learn to share your feelings and concerns with family and friends. Join a caregiver support group, where you can talk about your experiences and exchange ideas and advice. Some online forums may help you feel connected with others as well. You should also consider speaking with a professional counsellor.
- 14) **Share your Journey.** We have created a vasculitis Journey section where you can learn from other caregiver experiences, as well as share your journey.

HELP YOUR LOVED ONE LEARN ABOUT VASCULITIS

Your loved one's understanding of the disease can make a difference in how you lend support and how they prefer to receive it. By working together to understand the disease, you can create a good plan of action to cope with VASCULITIS.

Helping your loved one learn about VASCULITIS has other benefits too. Some people with VASCULITIS feel guilty about needing a caregiver and the demand that caregiving places on you. Learning more about the disease may help them understand that the impact of VASCULITIS may be too large for one person to deal with alone.

Going through the learning process together also strengthens your relationship. A strong relationship can help your loved one feel more comfortable receiving care, especially if decisions are made together about caregiving needs.

COMMUNICATE

- It is normal to experience changes in moods, relationships, and activities within the family following a diagnosis of any illness. Through it all, caregivers can use good communication skills to respond appropriately and keep up a positive attitude. It is important that you learn to communicate effectively with each other. Healthy communication allows family members to connect with each other.
- Here are some key points to remember in communication:
- Listen actively, do not assume you know what the person wants to say, or that you understand
- Validate your loved one's concerns
- Communicate with your loved one in a positive way, but also be realistic and adjust to "a new/normal", instead of expecting "a return to normal" or "bounce back"
- Make time to talk about this transition, and how it is affecting each of you.
- Aim for a healthy exchange of information, which is different from venting emotions.
- Be pragmatic, do not try to stress that the person has to be relentlessly strong. This is not a realistic goal. You have to acknowledge that the person's plot has been shifted by vasculitis. Losing your health and perhaps shutting down emotionally has an effect not only on the person's life but on work as well. Recognize that maybe in an effort to protect you, they have probably been close to emotional breakdown at times, when all sort of losses and grief piles up. As a caregiver, particularly if you have a teenager impacted by vasculitis, you really need to help them deal with this. It is not '*normal*' to think that nothing has affected you or them.

Notes:

CREATE A CAREFILE

As a caregiver, one of the most important things you can do is create a care file for your loved one.

Whether you keep it in a binder, file folder, or entirely electronically, this file should:

- i. Inform—Provide access to essential information
- ii. Help—Help communication between your loved one and their providers.
- iii. Unify—Unify all important information in one place.
- iv. Reduce stress—Reduce stress knowing that all health and emergency information related to the care recipient is organized into one place.
- v. Save time—Save time and energy. When the caregiver is unavailable, a well-maintained file can help others provide proper care for the person who is ill.

CARE FILE INFORMATION

The file should be organized in such a way that you can take it to doctor's appointments. It should be kept confidential and in a safe location.

Specific information about the person with VASCULITIS should include:

- Personal information (such as date of birth, identification, and insurance information)
- All current diagnoses and medical history
- Contact information for all doctors and other health care providers
- Dates of doctor visits and changes in treatment
- Names of medications, dosages, and any special precautions
- Emergency contacts

You can create this packet on your own, or you can use our care file forms, found in the Appendix or WORKSHEET section of our website. Forms for tracking doctor's visits and medications can be found in the Appendix as well.

NOTES:

SECTION II

Taking Care of Yourself

Caregiver responsibilities can be overwhelming and draining but taking care of yourself is one of the most important things you can do. The stronger you remain—physically and mentally—the more support you will be able to offer. To adequately give care, you must take care of yourself. In this section we will discuss some ways that you can do so

KNOW YOUR LIMITS

Sometimes it's hard to know when to stop. In addition to all of the things you need to do in your home, at work and with your family, you now have a new set of responsibilities. You may feel like there are more things to do than there are hours in the day, and that is perfectly normal. It's important for you to accept that you can't do it all, and that your personal health and wellbeing is just as important as the to-do list in front of you.

RECOGNIZING WARNING SIGNS

Be realistic about how much you can do and what you can't do and pay attention to these warning signs.

Consider these questions:

- Do you often feel that no matter how much you plan or how hard you work; things are not getting done?
- Are your caregiving responsibilities interfering with your work, your relationships and your health?
- Do you feel exhausted and tense most of the time?

If you experience one or more of these warning signs, ask for assistance from others. Make a list and let others know what would be most helpful to you.

Notes:

MAKE HEALTHY CHOICES

Caregiving can add daily physical and emotional “wear and tear”. The more stress you are under, the more strain you may feel on your mental and physical health. Enhance your resilience ~~copy~~.

CREATE HEALTHY HABITS

Follow these tips to build resilience through healthy choices:

- **Eat healthy**—Schedule time to eat regularly and follow a healthy diet.
- **Exercise regularly**—Exercise regularly to relieve stress and promote good health.
- **Get enough sleep**—Get enough sleep to recover from fatigue and re-energize. Your body needs rest to recover from stress.
- **Take time for yourself**—Arrange for a family member or friend to stay with your loved one while you do so.
- **Stay connected**—Stay connected with friends and plan to do something fun on a regular basis.
- **Take a stress management class**—Take a stress management class to learn about coping techniques that may be helpful.
- **Online community**—Take advantage of resources for caregivers, social network and other online supports.
- **Develop a positive attitude**—Remember there will be situations that you cannot control, and that’s OK!

Notes:

LEARN TO REGULATE YOUR EMOTIONS

Caregiving can be an emotional roller coaster. You may feel angry about what is happening to your loved one. You may feel anxious, because you cannot “fix everything.” You may also have guilty feelings that come and go when you try to do more and more but find that there are not enough hours in the day to get everything done.

When the future is uncertain and you are taking on the bulk of responsibilities, it is easy to feel alone and helpless. It’s important for you to realize that the best thing you can do to start feeling better is to *accept* your emotions. Emotions are a part of caregiving and if you don’t recognize and understand them, they can lead to burnout.

MANAGE YOUR EMOTIONS

Here are some tips to help you cope with your emotions in a healthy way:

1. **Be aware of your feelings**—Be aware of your feelings and accept them, as opposed to pushing them away. Express them appropriately, this is a healthy choice. Develop a support network just for you. Reach out to family, friends, and professionals like counsellors/therapists, and other health care professionals with whom you can comfortably share your feelings and make sense of them.
2. **Join a caregiver support group**—Join a caregiver support group where you can safely and comfortably share your story with people who are having similar experiences. Many caregivers who attend support groups find hope and strength in these meetings.
3. **Keep a journal**—Keep a journal about your experiences and how they make you feel. ~~Write about your emotions. It helps to write.~~ Talk to your health care provider about any feelings of anxiety and/or sadness that seem to linger.
4. **Be open to seeking professional help**—Be open to seeking professional help from a therapist /counsellor. Professional counselors and therapists can provide exceptional support and guidance, in a safe and supportive setting.
5. **Find some quiet time**—Find some quiet time and reflect on your journey as a caregiver.

Notes:

LEARN TO PROBLEM SOLVE

Problems don't always follow the basic rules of politeness. They don't wait for the right time before they come knocking or go away quietly because it is not a good time for you. Caregiving can bring new challenges into your relationship with your loved one. Therefore, you will both need to work together to overcome them. Problem solving is about working through the details of a situation to reach the best possible results. The more organized and stepwise the process is that you create, the less stressful and overwhelming it will be for you.

STEPS TO PROBLEM-SOLVE

Here are some tips to help you manage challenges.

1. Describe a particular problem or uncertainty. What are you most worried about?
2. To understand the issue more clearly, talk to a family member or a friend about it. Others may interpret it differently and provide helpful information.
3. Narrow down the best possible solutions. What information is most relevant to the problem?
4. Write down all possible solutions.
5. Of these solutions, what will help your loved one the most?
6. Choose the best possible solution to the problem and list out what steps need to be taken.
7. Put your plan into action.
8. After you have put your plan into action, assess the results. Are you satisfied with the way things worked out? What might you do differently in the future?

Not

MANAGING YOUR LOVED ONE'S FINANCES

As a caregiver, you may be involved in managing your loved one's finances or even planning for a secure financial future. When planning, be aware of current assets and recurring bills. It's especially important to understand any financial changes due to being out of work, or unforeseen medical cost.

Here are some tips to help you get started:

- Work together—collect information and documents (such as assets, bills, bank statements, loans, tax information, property deed, and investments) and schedule a time to review your loved one's overall financial situation.
- Determine if there are any items that should be addressed immediately.
- Set goals and determine a practical budget. Be sure to include a plan for upcoming expenses.

CREATING A BUDGET

One of the most important things you and your loved one can do is create and follow a realistic budget. There are many resources available to help you create and track your budget.

What you use depends entirely on your own personal preferences. You can:

- Go the old-fashioned route and use pen and paper.
- Create a detailed Excel spreadsheet.
- Use one of many free phone and computer applications, like Mint or Good Budget, to create and track expenses. Remember these are suggestions, use what works best for you.

UNDERSTANDING LEGAL AUTHORITY TO MAKE DECISIONS

Caregivers should be familiar with the legal documents that give someone authority to make decisions about health, financial, and legal affairs, on behalf of another person. These documents serve to protect your loved one's wishes and can grant authority for you to make certain decisions, as determined by your loved one. It is important to have these conversations, rather than waiting to a point where things are complicated, and you feel overwhelmed about your role.

1. POWER OF ATTORNEY

A power of attorney is a **critical document that allows a designated person to make legal and financial decisions on someone else's behalf**. A power of attorney remains in effect even if the principal (your loved one) becomes mentally incompetent (unable to exercise sound judgment). It is different than a will.

2. ADVANCE HEALTH CARE DIRECTIVES

Advance health care directives are **written instructions about medical treatments and life-sustaining measures that a person wants, or does not want, if he/she becomes very ill**. These legal documents speak for persons who are not able to speak for themselves in the event of a serious accident or illness.

Each province may have different ways of doing these things, find out more from someone with the legal background to advise you.

BECOME FAMILIAR WITH YOUR LOVE ONE'S EXTENDED HEALTH INSURANCE

Most people in Canada tend to have extended health coverage through their employer's plan. Review health insurance policy together. You should have easy access to policy numbers, claim forms, and contact information. Keep a file with benefit summaries.

If your loved one does not have health insurance, this is a good time to ~~consider doing some~~ research about the different options available and to consider signing up if it is possible to do so.

INSURANCE INFORMATION THAT YOU SHOULD KNOW:

- Name of the extended health company (e.g., Great West Life, Alberta BlueCross etc.)
- Services that are covered and not covered in the policy.
- Prescription medications that are covered and not covered in the policy, including any medications that fall into special authorization.
- Specific coverage limitations.
- Deductibles
- Policies associated with long-term disability, long-term care, or life insurance
- Filing a claim (most policies include information about filing a claim).

SECTION V

Caring for Children and Teens

Caring for children and teens with a chronic illness requires tolerance and an acceptance that certain lifestyle changes will have to be made. Additionally, you have the responsibility of making sure that family dynamics and routines move towards a new understanding of what “normal” is. Finally, whether your child is diagnosed with VASCULITIS as a child or as a teen, you have the responsibility of helping them transition into adulthood, with an understanding of how to manage the impact of VASCULITIS on their life.

TRACK YOUR CHILD'S HEALTH AND KEEP THEM INVOLVED AND ENGAGED

Learn as much as you can about the disease, so you can recognize how it is affecting your child. Our website has a sections and resources geared towards teenagers living with VASCULITIS.

FOLLOWING YOUR CHILD'S HEALTH:

- **Track and learn to recognize**—Track and learn to recognize changes in your child's day-to-day health that may be a warning sign of a VASCULITIS flare. This is vital when creating a care plan for your child.
- **Start a care file**—start a care file to help you respond to your child's health needs and communicate with your child's health care team. You may want to add specific pages that are relevant to your child, such as important contact information and any specific health needs or reminders.
- **Talk to your child about their symptoms**—Keep it simple and use age-appropriate language.
- **Involve your child**—Involve your child in making healthy choices about care needs. This is a positive approach to accepting the illness, a little at a time.
- **Encourage your child**—Encourage your child to participate in planning visits to the doctor. Allow your child to talk to the doctor, which can help decrease fear about the illness.
- **Establish a caregiving routine**—Encourage your child to participate in care process. This can provide a sense of security, control, and acceptance of VASCULITIS.

BUILD A SUPPORT SYSTEM

To help you take care of your child in the best way possible, *you need to take care of yourself*. You can't do it all. Determine who you can turn to for support. Sometimes, it takes a **NETWORK OF SUPPORT** to help a family live as normal a life as possible in the face of a chronic illness.

How can you find support and encouragement for your ill child?

- **Stay in contact**—Stay in contact with your child's health care team and talk to them about how your child is coping with the disease.
- **Explain the disease**—Explain the disease to your child's teachers. Talk to them about any special needs
- **Talk with the school counselor**—Talk with the school counselor about support and encouragement for your child.
- **Ask for help**—Ask for help from friends and family members. Let them know what would be helpful to you and your child.
- **Encourage your child**—Encourage your child to have normal relationships with peers. Reach out to other parents for social support.
- **Support groups can help**—Support groups can help parents strengthen coping skills and reduce stress. If necessary, talk to a mental health professional who is familiar with issues surrounding chronic illness and children.

UNDERSTAND THE EMOTIONS CAUSED BY VASCULITIS AND HELP YOUR CHILD EXPRESS THEM

Sometimes, children or teenagers are not able to express what they are feeling, so it may be up to you to help them understand and express their feelings appropriately. This is true for children with VASCULITIS as well as their siblings, who may also be having a hard time emotionally.

SOME COMMUNICATION STRATEGIES

1. Ask your child or children how they are feeling—Help them to understand that there are no right or wrong, or good or bad feelings. Teach them how to express their feelings in a healthy way. Not talking about feelings may exaggerate anger, anxiety, withdrawal, or fears. Sometimes, children and teenagers may act out if they do not feel safe to tell you what they are feeling. Ongoing negative behaviours or extreme withdrawal and isolation from the family or friends should be discussed.
2. Children need to know that the disease is not their fault—Just like adults, a better understanding of VASCULITIS will help them cope with their feelings about the disease.
3. Siblings can also feel angry, confused and fearful—They may be afraid of what is happening to their brother or sister. Ask them how they are feeling and help them understand how the disease is affecting the child who is sick. Because illness can change the *plot* and can often consume the parents' time; it is likely that siblings will feel left out. Thus, it is important that siblings know that they are equally important in the family. If it makes them feel good, encourage them to be a part of caregiving.
4. Maintain normal family activities—Family fun, without focusing on the disease, is healthy and necessary.

HELPING TEENSTO TAKE CONTROL OF THEIR HEALTH

Teenage years are a time of transition from childhood to adulthood. Teens are developing a new identity that is already emotionally intense and demanding. VASCULITIS can interfere with an adolescent's development of independence, peer relationships, and day-to-day normal activities. Youth is stressful for healthy teens; add the stress of living with a chronic illness and adolescence can be overwhelming.

What can parents, as caregivers, do to help their teens learn to manage their health?

ENCOURAGE HEALTHY COMMUNICATION AND ACCEPTANCE OF FEELINGS

- Talk to your teen about how the disease is impacting them. Ask your teen what is most worrisome at this time.
- Encourage your teen to talk about feelings, whether it is with you, a friend, a school counsellor, or other teens with VASCULITIS. Certain feelings, such as anger, sadness, anxiety, and fear of the unknown, are normal. Talking can provide a sense of relief and new perspectives on living with VASCULITIS.
- You can also encourage your teen to keep a private journal as a healthy outlet for their thoughts and emotions. There is a journal written by someone with vasculitis called **PROJECT-R**, this maybe a good place to start
- Transitioning from diagnosis to a life with chronic illness will bring changes. Talk about expectations and routines with an open mind.
- Teens experiencing ongoing signs of depression may seem unable to adjust to long-term health issues. Talk to the teen's doctor to determine if symptoms are related to the physical effects of VASCULITIS, medications, loss and grief or the stress of coping with the disease.
- Talk to the teen's doctor about treatment options, including seeing a mental health professional. Seeing a counsellor will provide your teenager with the opportunity and privacy to talk about things that they are not ready to share with others. This is their **SAFE PLACE**
- A professional can help teens develop appropriate coping skills to live with VASCULITIS and prepare for a healthy transition from adolescence to early adulthood.

ENCOURAGE INDEPENDENCE AND RESPONSIBILITY

Involve your teen in activities that promote independence and responsibility over their own health:

- **Encourage your teen to take responsibility**—Encourage your teenager to take responsibility for the management of their health. Involve them in determining a care plan and making healthy choices. If they own the plan, they will be more likely to adhere to it.
- **Be careful not to do too much for your teen**—The more you do, the less your teen will learn to do, and this may end up hurting their physical and emotional health in the long run.
- **Be ready to take a step back**—As your teen takes on more responsibility for their health, it will be important for the doctor—patient relationship to change as well. If your teen is interested in taking a more active role, be prepared to take a back seat at appointments, so they can carve out a new relationship with their doctor.
- **Build your teen’s self-esteem**—Help your teen to recognize strengths and build on them. Acknowledge their successes.
- **Encourage them to staying involved in peer relationships and activities**—Staying involved in peer relationships and activities is important. Living a life that is as *normal* as possible can add value to your teen’s sense of independence and will decrease their sense of “being different.”

COPING WITH VASCULITIS

Stay on top of the practical aspects of coping with VASCULITIS and encourage your teen to do so as well.

- Stay involved with your teen
- Are doctor's orders being followed? How is your teen doing in school?
- Be aware of limitations caused by the disease—Be aware of limitations caused by the disease, including pain and fatigue, changes in appearance, and side effects of medications. For both of you, accepting this “new reality” takes time. Be patient.
- Learn as much as you can about VASCULITIS—Learn as much as you can about VASCULITIS, but make sure your teen also takes on the responsibility of this knowledge. The more they understand what is happening to their bodies, the more empowered they will be to cope with the effects of VASCULITIS.
- Keep them involved—As you communicate with various specialists, don't be afraid to let your teen learn about the paperwork and practical aspects of handling their health care. Keep them involved so they can manage this logistics confidently in the future.
- Talk to your teen—When your teen turns 18, Talk to your teen about how involved they want you to be, and speak with their doctor about any forms that need to be completed.

SECTION VI

Appendix: Forms

Care File

This file holds your loved one's personal information, current diagnosis and medical history, doctor and other health care provider contact information, doctor visit dates and changes in treatment, names of medications, dosages, and any special precautions, as well as emergency contacts. It is also a useful way to organize up-to-date information in one place.

Doctor Visit Tracker

Bring this form with you to fill out during each doctor visit. It is meant to help you keep track of which doctors your loved one is seeing, the purpose of each visit, questions asked during the visit and answers provided, the medical evaluation and outcome of each visit, and next steps regarding health care.

Medications

Use this form to keep track of the medications your loved one is using and information regarding medication dosage, frequency, and dates started and stopped. This will help you and health care providers stay organized regarding treatment decisions.

**PRIMARY CAREGIVER
GENERAL INFORMATION**

NAME	D.O.B.	
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RELATIONSHIP TO CARE RECIPIENT

HOME ADDRESS

CITY	PROVINCE	POSTAL CODE
-------------	-----------------	--------------------

PHONE 1 (HOME)	PHONE 2 (CELL)
-----------------------	-----------------------

E-MAIL

EMPLOYER/PLACE OF WORK	WORK PHONE
-------------------------------	-------------------

WORK ADDRESS

CITY	PROVINCE	POSTAL CODE
-------------	-----------------	--------------------

EMERGENCY CONTACT INFORMATION (IF NOT SAME AS ABOVE)

NAME

RELATIONSHIP TO CARE RECIPIENT

HOME ADDRESS

CITY	PROVINCE	POSTAL CODE
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PHONE	E-MAIL
--------------	---------------

NOTES

**CARE RECIPIENT
GENERAL INFORMATION**

NAME		D.O.B
HEALTH NUMBER		
HOME ADDRESS		
CITY	PROVINCE	POSTAL CODE
PHONE 1 (HOME)		PHONE 2 (CELL)
E-MAIL		
EMPLOYER/PLACE OF WORK		WORK PHONE
WORK ADDRESS		
CITY	PROVINCE	POSTAL CODE

EXTENDED HEALTH INFORMATION

EXTENDED HEALTH INSURANCE	
SUBSCRIBER'S NAME	
GROUP NUMBER	
POLICY NUMBER	
RELATIONSHIP TO SUBSCRIBER	
DENTAL INSURANCE	
SUBSCRIBER'S NAME	
GROUP NUMBER	
POLICY NUMBER	
RELATIONSHIP TO SUBSCRIBER	

HEALTH CONDITION INFORMATION

DIAGNOSIS (Type of VASCULITIS)

DIAGNOSED BY

DATE OF DIAGNOSIS

SYMPTOMS

ALLERGIES

NOTES

PHYSICIAN INFORMATION

PRIMARY CARE PHYSICIAN

ADDRESS

CITY

PROVINCE

POSTAL CODE

PHONE

FAX

WEBSITE

E-MAIL

RHEUMATOLOGIST

ADDRESS

CITY

PROVINCE

POSTAL CODE

PHONE

FAX

WEBSITE

E-MAIL

NEPHROLOGIST

ADDRESS

CITY

PROVINCE

POSTAL CODE

PHONE

FAX

WEBSITE

E-MAIL

OTHER SPECIALIST:

ADDRESS

CITY

PROVINCE

POSTAL CODE

PHONE

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PHYSICIAN INFORMATION (cont.)

OTHER SPECIALIST:

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WEBSITE

E-MAIL

PHARMACY INFORMATION

ADDRESS		
CITY	PROVINCE	POSTAL CODE
PHONE	FAX	
WEBSITE		
E-MAIL		

HOSPITAL INFORMATION

ADDRESS		
CITY	PROVINCE	POSTAL CODE
PHONE	FAX	
WEBSITE		
E-MAIL		

IMMUNIZATION RECORD

DATE	TYPE	REACTION	PHYSICIAN	REMARKS

DOCTOR/HEALTH CARE VISIT

DOCTOR/SPECIALIST NAME

TYPE OF DOCTOR

DATE OF VISIT

TIME

PURPOSE OF VISIT/QUESTIONS FOR DOCTOR

MEDICAL EVALUATION AND OUTCOME

NEXT STEPS IN HEALTH CARE

NOTES/OTHER

MEDICATION INFORMATION

MEDICATION		DOSAGE	FREQUENCY	DATE STARTED	DATE STOPPED	NOTES (PURPOSE, PRESCRIBING DOCTOR, ETC.)
BRAND NAME	GENERIC NAME					

