



WELCOME TO YOUR SENIORISM COLLECTION

Thank you for choosing Seniorism.

Caring for yourself or someone you love often means keeping track of information, decisions, appointments, medications, documents, and responsibilities that can quickly become overwhelming.

This collection was created to make that process a little easier.

You do not need to complete every workbook at once. Start with the area that feels most important today, then return to the other resources when you need them.

How to Use Your Collection

Each workbook is provided as a separate PDF so you can save, use, and print only the pages you need.

- Save the original PDFs in a safe folder on your computer.
- Print individual worksheets as needed.
- Keep completed pages together in a binder.
- Review and update important information periodically.
- Share relevant information with trusted family members or caregivers when appropriate.

There is no perfect way to complete these resources. Their purpose is simply to help you organize information so it is easier to find when you need it.

Where Should You Start?

Preparing for an unexpected situation

Senior Emergency Binder

Organizing household, account, or digital information

Family Digital Information Organizer

Actively caring for an aging family member

Family Caregiver Companion

Returning home after a hospital stay

Senior Recovery Companion

Prescription costs are creating a problem

Medication Access Reference Kit

One Step at a Time

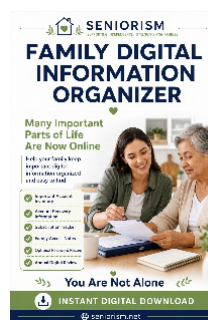
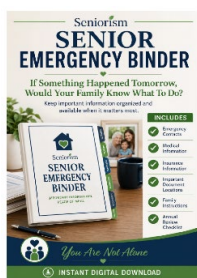
You don't have to organize everything today.

Complete one section. Make one phone call. Gather one document.

Small steps can make difficult situations much easier to manage later.

EXPLORE THE SENIORISM RESOURCE COLLECTION

Use the resources you need, when you need them.



YOU ARE NOT ALONE.

Practical resources for seniors, caregivers, and families

Seniorism.net