# For My Care Partner

How we can work as a team.

## At appointments

- ☐ Ask me first
- ☐ Help only if I ask
- ☐ Take notes for me
- ☐ Help me write questions before

**My signal when I want help:**

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## I want to keep doing

**Decisions and tasks that are mine:**

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## Hard times for me

- ☐ When I’m tired
- ☐ Noisy places
- ☐ Being rushed
- ☐ Long phone calls

> Care partners: please take care of yourselves too.