

# Start the New Year Off on the Right Track

**E**ach year brings with it the hope or promise of a new beginning. We start each year with a list of resolutions; things that we will do better or differently. Many of which we fail at because we lack the appropriate tools.

In our increasingly complex lives, our days and nights are filled to the brim with activities for the entire family. From work schedules, to volunteer activities, hobbies, worship and chores, we all live jam packed lives - with more and more organization required to keep everything on schedule.

If you are also caring for a fellow GRAND, great GRAND, baby GRAND or combination of the three you've REALLY got your hands full. [CareGiverHelper](#) offers you a suite of FREE tools to help organize all the critical details of your life.

To get started, just establish your own private and secure family community and begin organizing your daily activities as well as long term planning.

Use the calendar feature to keep track of regular activities such as your book club, crafting group, or golf or tennis date. You can also schedule doctor, teacher, or counselor appointments; and don't forget soccer games, music recitals and family outings. The CareGiverHelper calendar



will also provide you with timely reminders!

More than just a calendar, CareGiverHelper also provides you with a safe and secure place to store important information and critical

documents such as insurance policies (home, health, auto and life), wills, birth certificates, child custody documents and more. Simply gather these critical documents and take them to a local Office Depot or Kinko's and they can scan them onto a disk so you can upload them directly to your family community at [CareGiverHelper](#). Here they will be safe and secure and can be accessed and printed anytime they are needed.

There is also a place for you to create a profile on each of your family members where you can include information such as likes and dislikes for food, books, movies, music, or television. Is Nisha afraid of the dark? Does Marcus like to have the crusts on his sandwich trimmed off? Or does

John have a special routine that he follows when he sits down to eat?

This profile section also offers you a place to put important medical information about your family member. You can note and track both minor and major medical conditions and their treatment. You can keep track of your Baby Grand's childhood diseases such as chicken



pox, mumps, measles or asthma; those troubling food allergies or sensitivities to sugar or food dyes. It's also a place to store information about you, your fellow GRAND or GREAT GRANDS medical conditions whether it be high cholesterol, diabetes, or arthritis.

You can also store information about doctors with all of the appropriate contact numbers so they are easy to share with other caregivers.

The medication section is the perfect location for maintaining critical information about immunizations for your baby GRAND, or medications and dosages for your fellow GRAND or GREAT GRAND.

Keep the family informed of milestones through the Announcement and email features of the [CareGiverHelper](#) platform with short messages like: Naomi cut her first tooth; Jamal got all A's in school, Elena made the swim team or Fred slipped in the shower and broke his hip. It's a quick and easy way to keep all family members informed and involved.

CareGiverHelper offers you all the tools that you need to organize your life: store valuable documents, critical medical information, family profiles, photographs and more. So just create your own family community at CareGiverHelper today and start your New Year off on the right foot.

***Great changes may not happen right away, but with effort even the difficult may become easy.***

***- Bill Blackman***