

Caregiver Backup Plan

A free printable caregiver backup plan for organizing primary caregiver, backup caregivers, emergency contacts, home-access notes, information locations, and what another caregiver should know if the primary caregiver is unavailable.

Person & primary support

- ☐ Person needing support _____
- ☐ Primary caregiver _____
- ☐ Emergency contact 1 _____
- ☐ Emergency contact 2 _____

Backup caregivers

- ☐ Backup caregiver 1 _____
- ☐ Backup caregiver 2 _____
- ☐ Respite / home health contact _____
- ☐ Home-access contact _____

Information locations

- ☐ Medication list location _____
- ☐ Allergy list location _____
- ☐ Equipment list location _____
- ☐ Care plan location _____

Handoff notes

- ☐ Important notes kept at _____
- ☐ Who can confirm details _____
- ☐ Privacy / access note _____
- ☐ Last updated by / date _____

Important note

Organization only. Not legal, guardianship, medical, or medication-administration advice. Does not promise continuity of care or replace clinicians, care plans, labels, or professional guidance.

