
PREPARED BY AOR MEDICAL SOLUTIONS OF PUERTO RICO

Practical Guide for Families and Caregivers

Families and caregivers

Estimated reading: 7 minutes

Last review: September 2026

Clinical review: pending · Created: September 2026

Status: Educational information



Good support sustains the patient's voice instead of replacing it. This guide offers practical ways to organize questions, responsibilities and communication, and to care for the caregiver's own well-being.

Supporting with respect

- Let the patient speak first and add only what is needed.
- Get the patient's authorization before sharing their information.
- Ask the patient what they want you to say at the visit.
- Observe changes and describe them without making diagnoses.

Organizing information

- ☐ Write the questions before each visit.
- ☐ Document the instructions received and their date.

- ☐ Keep supplies in one place.
- ☐ Repeat aloud what you understood to confirm it.

Dividing responsibilities

Write who will do each task and confirm it with the family.

Appointments and transportation:

Medications and supplies:

Communication with the treating team:

Support at home: _____

Relief for the main caregiver:

Caring for the caregiver

- Recognize fatigue as a signal, not a failure.
- Ask for relief before exhaustion.
- Keep your own health appointments.
- Seek emotional support when you need it.
- Contact the treating team when care at home becomes hard to sustain.

Important contacts

Main professional: _____

Nursing or home care:

Pharmacy: _____

Supporting family member:

Emergencies: 911: _____

This educational resource is under continuous review. Always follow the instructions of your health professional.

This material is provided solely for educational and informational purposes. It does not constitute diagnosis, treatment or medical advice and does not replace evaluation by a licensed healthcare professional. The physician and treating team remain responsible for clinical decisions. AOR Medical Solutions of Puerto Rico supports education, coordination, technology and continuity of care.

Do not submit photographs, medical records or sensitive medical information through this website. If you are experiencing a medical emergency, call 911.

Technology with purpose. Coordination with responsibility. Care with humanity.

Web version of this guide:

<https://aormedicalpr.com/educacion/guias/familiares-y-cuidadores>