

The First 90 Days After a Parent's Diagnosis

The rule for the first 90 days: triage, get organized, and keep appointments — while deliberately **parking the big decisions** (finances, housing, long-term care) until you have a baseline. If a task is loud but not due this week, it goes on the “later” list.

DAYS 1-7 · TRIAGE & BREATHE

- Confirm the next appointment** — date, time, and exactly what to bring.
- Make ONE folder** — physical or digital. Every summary, EOB, and prescription goes here.
- List your top three calls** — likely the clinic, the insurer, one key family member. Park the rest.
- Start a questions page** — note what you observe; don't try to diagnose it.
- Sleep.** It's a task. Put it on the list.

WEEKS 2-4 · OBSERVE & GATHER

- Locate important documents** — Power of Attorney, advance directive, insurance cards, ID. Find them; don't execute anything yet.
- Make a medication record** — name, dose, frequency, as a record to show the care team.
- Note daily friction** — missed bills, unread mail, a near-fall. Plain facts.
- Graduate to a binder** — when the one folder is full, give it structure.

MONTHS 2-3 · BUILD THE SUPPORT SYSTEM

- Hold a family meeting** — share the binder; decide who owns what.
- Consult an elder-law attorney** — if paperwork is missing or outdated.
- Ask the care team for referrals** — social workers, support groups, community services.
- Check in on yourself** — this is a marathon. Book the appointment you've been skipping.

An organizing checklist from Care90 Editorial — not medical, legal, or financial advice. Bring clinical questions to your parent's care team. · More calm, practical guides at care90.cloud/guides