



# Introducing the

## PA CareKit

As part of *Aging Our Way, PA*, the Pennsylvania Department of Aging (PDA) was tasked with creating a dynamic, interactive, and comprehensive “caregiver toolkit” to address the key challenges faced by informal, unpaid caregivers and provide practical solutions and resources to support their entire caregiving journey.

The PA CareKit is a collection of tools, information, and resources to address key challenges in the caregiver journey. It’s here to support your role, your time, and your needs – because caregiving rarely comes with instructions.

- Take the “**Understanding Your Needs**” **Quiz** to receive custom recommendations and resources just for you.
- Use the **Printable Worksheets** to help you work through complicated care tasks.
- Explore the **Caregiving Resources** to strengthen the care you provide and the **Self-care Resources** to take better care of yourself.

Support starts with a simple truth: You don’t have to do this alone. Thank you for stepping up to care.

Learn more at [pa.gov/CareKit](http://pa.gov/CareKit).



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