SOUTH DAKOTA
Foundation for Medical Care

SOUTH DAKOTA
RURAL HEALTH TRANSFORMATION

CAREGIVER CONNECTION

Caregiver Support Program | Issue 1 | November 2026

Managing Chronic Conditions and Health at Home

Less scrambling. More confidence.

A simple system can make medicines, appointments, health changes, and care instructions easier to manage.

Caregiving often means keeping track of information from several people and places. You do not need a perfect binder or a complicated app. Start with one current source of information that you and the person you support can find when it is needed.

Three Tips to Get Started

1

Create one current list

Include health conditions, allergies, healthcare contacts, emergency contacts, and all medicines, vitamins, herbs, and supplements.

2

Notice what changed

Write down what is different from the person's usual routine, when it began, and how it affects daily activities.

3

Prepare three questions

Put the most important questions first. Bring the current medication list, recent notes, and care instructions.

TRY THIS THIS WEEK

Update the medication list and write down the three most important questions for the next appointment.

Free Practical Caregiving Webinar Series

Managing Chronic Conditions and Health at Home

Presented by Deb Kullerd, MD

December 9, 2026 | 12:00-1:00 p.m. CT | Virtual

Learn how to organize health information, prepare for appointments, track changes, and know where to seek help.

Participants will receive a companion resource brief. The recording and brief will also be available after the webinar.

More Practical Support

Keep Building on What Works

Use the ideas that fit your situation. A small change, a clearer question, or one new connection can be a meaningful next step.

- **Ask for plain-language instructions.** Before leaving an appointment, confirm what to monitor, who to call, and when follow-up is due.
- **Review medicines with the right professional.** Ask the prescriber or pharmacist about unclear instructions, possible side effects, or differences between medication lists.
- **Know the help pathway.** Ask the healthcare team what is routine, what needs a prompt call, and what requires emergency care.

IMPORTANT TO REMEMBER

Do not start, stop, split, combine, or change a medicine without instructions from the prescriber or pharmacist.

Resource Spotlight

Enhanced Wellness

SDFMC Enhanced Wellness is a participant-centered program that helps adults identify personal health goals and develop realistic steps to improve their well-being. Participants work with a trained wellness coach to build on their strengths, address barriers, and make sustainable changes.

Interested in participating, referring someone, or becoming a facilitator? Request more information.

Scan to request information

Caregiver Support Program

Need help finding caregiver resources?

SDFMC offers free CaregiverTLC workshops, practical webinars and resource briefs, the Caregiver Connection newsletter, support-group resources, respite information, and connections to caregiver services.

Renee Robbins, Program Manager
renee.robbins@sdfmc.org | 605-910-4394

Scan to request information

Stay Connected

SOUTH DAKOTA FOUNDATION FOR MEDICAL CARE

Please share this newsletter with someone who may benefit and invite them to connect with the Caregiver Support Program.

Accessibility

To request an alternate format, language assistance, or help accessing the webinar or newsletter, contact the SDFMC Caregiver Support Program.

This newsletter provides general caregiver education and does not replace individualized professional advice, treatment, crisis services, emergency services, or instructions from qualified professionals.

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