



Pennsylvania  
Department of Aging



# 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](https://pa.gov/CareKit).



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*Aging*  
**Our Way, PA**  
A Plan for Lifelong Independence

The PA CareKit is a product of Aging Our Way, PA – Pennsylvania’s 10-year strategic plan to transform the infrastructure and supports for older adults as we age.