



VESTIBULAR

DISORDERS ASSOCIATION

5018 NE 15TH AVE · PORTLAND, OR 97211 · FAX: (503) 229-8064 · (800) 837-8428 · INFO@VESTIBULAR.ORG · VESTIBULAR.ORG

Family/Caregiver Planning Tool

ACTIVITY: _____

Problems	Solutions

ACTIVITY: _____

Problems	Solutions



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ACTIVITY: _____

Problem	Solution

ACTIVITY: _____

Problem	Solution

**Hint: Enter activities that may trigger the patient's vestibular symptoms, e.g. shopping, visiting friends/family, etc. Then describe the problems the patient experiences and actions others can take to support them.*