

## Ride and Appointment Buddy Plan

### 60-SECOND OVERVIEW

Plan transport support for appointments, paperwork visits, and essential errands.

Ensure two volunteers per ride: driver and companion.

### CHECKLIST

Confirm appointment details, duration, and waiting rules.

Print or screenshot directions, parking info, and entry requirements.

Bring a note page for follow ups and medication reminders.

### DURING THE VISIT

Driver stays with the vehicle if required; companion tracks time and needs.

Log key questions and relay them to family or coordinators.

### AFTERCARE

Schedule a check in call within 24 hours for medication pickup, rest, or next steps.