



The Caregiver, Supported.

Understand, organize and hold steady while you care for a loved one, with artificial intelligence.

10 prompts to understand, organize, coordinate, secure support and hold on.

Free for the SYSTINFO community



GOOD TO KNOW

A support, not a clinician.

Caring for a loved one means a thousand tasks and a lot of tiredness. In 2026, assistants like ChatGPT, Gemini or Le Chat decode a dense medical letter and build a care schedule, without replacing the doctor or the official service. Three reflexes first.

- **The medical stays with the doctor**

The AI explains and organizes, it does not diagnose. Any health question is confirmed with a professional.

- **Never paste sensitive data**

Name, insurance number, medical results: replace them with brackets before you paste any text.

- **Rights are confirmed at the source**

Support and procedures vary by country and change. Verify with the official body for your area.

The right reflex: the AI prepares, you confirm health and rights with official sources.
systinfo.org · systinfo.ai · blog.systinfo.ai



THE METHOD

Five moves, ten prompts.

Caring for a loved one comes down to five moves: understand the situation, organize the daily routine, coordinate with others, secure the rights, and hold on over time. These 10 prompts give you the words and the steps.

Every prompt follows the same recipe: Role, Context, Task, Format. Copy the structure, change the brackets.

01 Understand

· 2 prompts

02 Organize

· 2 prompts

03 Coordinate

· 2 prompts

04 Secure support

· 2 prompts

05 Hold on

· 2 prompts



The Diagnosis Decoded

PROMPT TO COPY

Role: you are a calm, clear health translator.

Context: a loved one received this medical document that I struggle to follow: [paste the text].

Task: explain it to me in plain words.

Format: what it means, what it changes day to day, the questions to ask the doctor, and a reminder that you explain, you do not diagnose.

What you get

A confusing medical document made clear. Understanding the situation helps you ask the right questions to the real clinician.



The Treatment Tracked

PROMPT TO COPY

Role: you are a patient, plain-speaking pharmacist.

Context: my loved one takes [list of medicines]
for [their situation].

Task: help me understand and organize the doses.

Format: what each treatment is for in one line, a
table of dose times, common precautions, and a note
to confirm everything with the doctor.

What you get

Clear doses at the right times. Understanding the
treatment prevents mistakes and missed doses, always to
confirm with the pharmacist.



The Care Schedule

PROMPT TO COPY

Role: you are a home-care organizer.

Context: I care for [loved one] and juggle
[appointments, visits, care tasks, my constraints].

Task: build me a schedule for the week.

Format: a day-by-day table, who does what and when,
the travel, a margin for the unexpected, and the
reminders I must not miss.

What you get

A week you can read at a glance. A clear schedule prevents the missed appointment and the mental load of holding it all in your head.



The Tracking Log

PROMPT TO COPY

Role: you are a methodical nurse.

Context: I need to track how [loved one] is doing
to tell the doctor: [what you observe].

Task: create a tracking-log template for me.

Format: the useful columns (date, symptom, mood,
dose, event), one filled-in example, and the warning
signs that should prompt a call to a clinician.

What you get

A clear record to show the doctor. Regular notes beat
memory and make every consultation more useful.



Sharing the Load

PROMPT TO COPY

Role: you are a fair family mediator.

Context: there are [who] of us able to help [loved one], each with [availability and limits].

Task: suggest a fair split of the tasks.

Format: who does what within their means, a rota for the month, a simple rule for the unexpected, and a message to send the group to confirm.

What you get

A load shared, not carried alone. Splitting tasks clearly eases tension and keeps one caregiver from burning out.



The Doctor Briefing

PROMPT TO COPY

Role: you are a medical-appointment planner.

Context: I am taking [loved one] to [clinician] on [date] for [reason].

Task: help me prepare this appointment.

Format: a clear ten-line summary of the situation, the questions to ask, what to bring, and the points I must not forget to mention.

What you get

An appointment where nothing is forgotten. A summary and questions ready save precious time for you and the clinician.



The Available Help

PROMPT TO COPY

Role: you are a social-support adviser.

Context: I help [loved one] with [their situation]
and I live in [your country or region].

Task: point me toward the kinds of support available.

Format: the main families of help to explore, who to
ask, the questions to raise, and a clear reminder to
verify everything with the official body.

What you get

Clear leads to start from. Knowing what to ask and whom
saves weeks, always to confirm at the official desk.



The Support Request

PROMPT TO COPY

Role: you are a social public-letter writer.

Context: I want to request [the support] from [body], for [loved one]. Situation: [details].

Task: write my request.

Format: a short, clear letter, the subject, the situation summed up, the precise request, the documents cited, and a correct closing line.

What you get

A clean request, ready to review and send. Well laid out, it is handled faster and avoids back-and-forth on the file.



Respite, Organized

PROMPT TO COPY

Role: you are a caregiver-respite coach.

Context: I have no time left to breathe and I need to be able to step away [when].

Task: help me organize real respite time.

Format: the possible relay options, a checklist to prepare the absence, the info to leave the stand-in, and a first small break to put on the calendar.

What you get

Time to breathe, finally planned. Organizing a relay is not giving up: it is how you hold on longer and better, for you both.



The Caregiver, Restored

PROMPT TO COPY

Role: you are a warm, supportive companion.

Context: from caring for [loved one] so long, I feel [tired, tense, what you feel].

Task: help me take care of myself too.

Format: three simple steps for this week, one healthy limit to set, who to talk to for a listening ear, and the signal that should push me to ask for help.

What you get

A caregiver who holds up is a better support. Caring for yourself is not selfish: it is what lets you keep helping.



THANK YOU · CARING, LIGHTENED



One act of care, one big thank you.

These cards are offered to you, with no ads. Our only reward is your recognition.

Give us 30 seconds

Take a moment to thank us on one of our networks. A public word, even a short one, encourages us to keep supporting you, tip after tip.

Scan to join us and thank us



WhatsApp



Mattermost



LinkedIn



Facebook