

You cannot carry this alone. Print this page, work through it category by category, and share the load across a real care team. Check off what is handled and flag what still needs an owner.

1 Personal Care (ADLs)

- Bathing and showering with safety adaptations
- Dressing, grooming, oral and nail care
- Toileting and continence care
- Eating help and swallowing precautions
- Safe transfers between bed, chair, and toilet
- Pressure-ulcer prevention for limited mobility

2 Medication Management

- Keep a current list of every drug, dose, prescriber
- Refill on time and track remaining quantity
- Administer at the right times, log each dose
- Watch for side effects and interactions
- Photograph every bottle and label
- Share changes with prescribers and pharmacists

3 Meals and Nutrition

- Plan around dietary restrictions
- Shop or coordinate grocery delivery
- Cook or modify meals for safe swallowing
- Monitor hydration, weight, and appetite
- Honor food preferences and traditions
- Set up a meal-train page for helpers

4 Mobility, Safety, Home

- Fall prevention: grab bars, mats, night lights
- Working smoke and carbon-monoxide detectors
- Scam protection and call screening
- Walkers, canes, wheelchairs, transfer belts
- Secure medication storage if dementia is a factor
- Posted emergency numbers and a medical alert

5 Healthcare Coordination

- Maintain the full medical record
- Schedule and attend appointments, take notes
- Track symptoms, vitals, and behavior changes
- Bridge specialists who do not talk to each other
- Manage insurance, claims, and prior authorizations
- Keep advance directives and proxies current

6 Emotional Support

- Daily presence and conversation
- Honor the person, not just the diagnosis
- Read aloud, watch shows, look at photos together
- Keep friends and extended family connected
- Flag depression, anxiety, or cognitive change
- Let them talk about hard things

+ Household and Logistics

- Transportation to appointments and errands
- Light housekeeping, laundry, and supplies
- Bill paying and mail management
- Pet care and coordinating home services
- Managing visitors and saying no when needed

\$ Financial and Legal

- Map income, expenses, debts, and savings
- Manage accounts, often with Power of Attorney
- Navigate Medicare, Medicaid, and Social Security
- Evaluate long-term care insurance
- Work with an elder-law attorney on wills and trusts
- Safeguard deeds, titles, IDs, and directives

▼ Care for Yourself (Do Not Skip)

- Schedule regular respite care before an emergency
- Protect your sleep and let non-urgent chores slide
- Keep your own doctor and screening appointments
- Stay socially connected outside the caregiver role
- Join an online or local caregiver community
- Set firm boundaries and decline what overloads you

! What Caregivers Should Not Do

- Perform clinical tasks without training or supervision
- Change medications without asking the prescriber
- Make major legal or financial moves without POA
- Override a competent loved one's stated wishes
- Hide the diagnosis unless the care team advises it
- Take on tasks that put either of you at risk

Keep it all in one shared place.

Track medications, appointments, documents, and updates with your whole care team at caringvillage.com.

This checklist is general information for family caregivers and is not medical, legal, or financial advice. For decisions about a specific person, talk to their physician, care manager, or a licensed professional.