

CAREGIVER SURVIVAL CHECKLIST

Everything you need to organize care for your aging parent — in one simple guide.



WHAT'S INSIDE

- ✓ Daily Care Tasks Checklist
- ✓ Doctor Visit Preparation Guide
- ✓ Home Safety Assessment
- ✓ Emergency Contacts Template
- ✓ Caregiver Self-Care Check-In

✉ info@eldercarehaven.com

🌐 www.eldercarehaven.com



● FREE RESOURCE FROM ELDER CARE HAVEN

The Caregiver Survival Checklist

5 essential checklists to help you organize,prepare.
and stay sane while caring for an aging parent.

✓ Daily Care Tasks

✓ Doctor Visit Prep

✓ Home Safety

✓ Emergency Contacts

✓ Caregiver Self-Care

How to Use This Checklist

Print this checklist or save it to your phone. Use it daily to stay organized and reduce caregiver stress.

You Are Not Alone

More than 53 million Americans provide unpaid care to an adult family member. This checklist was designed to make your caregiving journey a little less overwhelming — one checkbox at a time.

✓ CHECKLIST 1: DAILY CARE TASKS

Medications — Morning

Check off each medication taken

Medications — Evening

Check off each medication taken

Breakfast eaten

Note any appetite changes

Lunch eaten

Dinner eaten

Fluids / hydration adequate

Aim for 6-8 glasses of water

Personal hygiene completed

Bathing, grooming, oral care

Physical activity / movement

Even a short walk counts

Social interaction today

Phone call, visit, or activity

Mood check-in done

Note any changes in mood or behavior

Home environment checked

Clutter, safety hazards, temperature

Nighttime routine completed

Medications, bathroom, lights

Caregiver Tip: Build a Routine

Consistency reduces confusion and anxiety for aging parents — especially those with dementia. Try to complete daily tasks at the same times each day.

Doctor Visit Preparation

Being prepared for medical appointment sensures nothing important is missed.

✓ CHECKLIST 2: BEFORE THE APPOINTMENT

■ List all current medications & dosages

Include supplements and over-the-counter medications

■ Write down new or changing symptoms

When did they start? How often?

■ Prepare 3-5 questions to ask the doctor

Write them down — it's easy to forget

■ Bring insurance cards & photo ID

■ Note any recent falls or incidents

Date, time, and what happened

■ Record current weight

Unexplained weight loss is important to report

■ Arrange transportation

Allow extra time for mobility challenges

■ Bring a notepad to take notes

Or ask permission to record the appointment

✓ CHECKLIST 3: AFTER THE APPOINTMENT

■ Review and understand all instructions

Ask for written instructions if needed

■ Fill any new prescriptions

■ Schedule follow-up appointments

■ Note any referrals to specialists

■ Update medication list

Remove old medications, add new ones

■ Share key information with family members

■ Contact insurance about any new treatments

Home Safety Assessment

Falls are the leading cause of injury among older adults. This checklist helps prevent them.

✓ CHECKLIST 3: HOME SAFETY

■ **Grab bars in bathroom**

Near toilet and in shower/tub

■ **Non-slip mats in bathroom**

Secure all edges

■ **Good lighting in all rooms**

Especially hallways and stairs

■ **Nightlights installed**

Bedroom to bathroom path

■ **Loose rugs removed**

Or secured with non-slip backing

■ **Handrails on both sides of stairs**

■ **Clear pathways throughout home**

No clutter or cords on floor

■ **Stove knobs checked**

Consider knob covers if needed

■ **Medical alert system in place**

Worn at all times

■ **Emergency numbers posted visibly**

Near phone and on fridge

■ **Smoke detectors working**

Test monthly

■ **Carbon monoxide detector working**

■ **Medications stored safely**

Away from heat and moisture

■ **Door locks working properly**

■ **First aid kit stocked**

■ **Sharp objects stored safely**

If dementia is a concern

✓ CHECKLIST 4: EMERGENCY CONTACTS

■ **Primary Doctor:**

Phone: _____

■ **Specialist / Cardiologist:**

Phone: _____

■ **Pharmacy:**

Phone: _____

■ **Hospital (nearest):**

Phone: _____

■ **Emergency Contact #1:**

Phone: _____

■ **Emergency Contact #2:**

Phone: _____

■ **Insurance Provider:**

Phone: _____

■ **Home Care Agency:**

Phone: _____

Caregiver Self-Care Check-In

You cannot pour from an empty cup. Your well being matters just as much as your parent's.

■ Signs of Caregiver Burnout to Watch For

Exhaustion that doesn't improve with rest • Increasing irritability or anger • Feeling hopeless or trapped • Neglecting your own health • Withdrawing from friends and family • Feeling resentful toward the person you're caring for. If you recognize these signs, please reach out for support — you deserve it.

✓ CHECKLIST 5: WEEKLY CAREGIVER SELF-CHECK

☒ I got enough sleep this week

Aim for 7-9 hours per night

- I ate properly and stayed hydrated

■ | exercised at least 3 times this week

Even a 20-minute walk counts

- I asked for help at least once

Accepting help is a sign of strength

- I took at least one break for myself

A walk, hobby, or quiet time

- I spoke with someone I trust

Friend, family member, or therapist

☒ I attended (or plan to attend) a support group

Online groups count too

- I scheduled my own medical appointment

Caregivers often neglect their own health

■ I set at least one healthy boundary

It's okay to say no

- I acknowledged my feelings without judgment

Guilt, grief, and frustration are normal

■ I celebrated one small win this week

You are doing an incredible job

- I reminded myself: choosing care is an act of love

"Caring for others is an expression of what it means to be fully human."

— Nel Noddings



Want More Free Caregiving Resources?

Visit eldercarehaven.com for 500+ expert guides on dementia care, aging in place, caregiver burnout, and assisted living — all completely free.

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