

# Caregiver Checklist

## Personal care duties and daily tasks

Caregiver Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Medical Needs

- Administer medications correct dosage and time
- Keep track of medication list and storage
- Understand the dangerous drug interactions
- Help manage the symptoms of chronic conditions
- Access and record pain/discomfort levels
- Ask about and help schedule medical appointments
- Know the physical activity plan
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Meal Prep & Eating Tracker

- Understand their dietary needs
- Shopping for groceries
- Preparing meals
- Doing dishes and kitchen cleanup
- Confirm recent meals eaten
- Cooperative meal brainstorm and planning
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Personal Grooming

- Stock preferred soap, toiletries and towels
- Bathing on a set schedule
- Brushing and flossing teeth
- Check dentures, tooth damage and fittings
- Plan a trip to the hair salon
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Getting Dressed & Presentation

- Lay clothes out ahead of time in order
- Ensure clothing is liked and easy to put on
- Offer dressing aids (buttonhook, shoehorn)
- Ask about preference for next dressing
- Make sure shoes and walking aids are secure
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Housekeeping & Maintenance Chores

- Dusting and vacuuming
- Floor sweep and mop
- Change bedding
- Wash clothes and linens
- Organization and storage checkup
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Caregiver Observation Notes

### Behavioral & Medical Notes