## Caregiver Checklist Personal care duties and daily tasks



www.sondercare.com

Date:

### Caregiver Name:

#### 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

#### Meal Prep & Eating Tracker

- □ Understand their dietary needs
- □ Shopping for groceries
- □ Preparing meals
- Doing dishes and kitchen cleanup
- Confirm recent meals eaten
- □ Ask about and help schedule medical appointments Know the physical activity plan

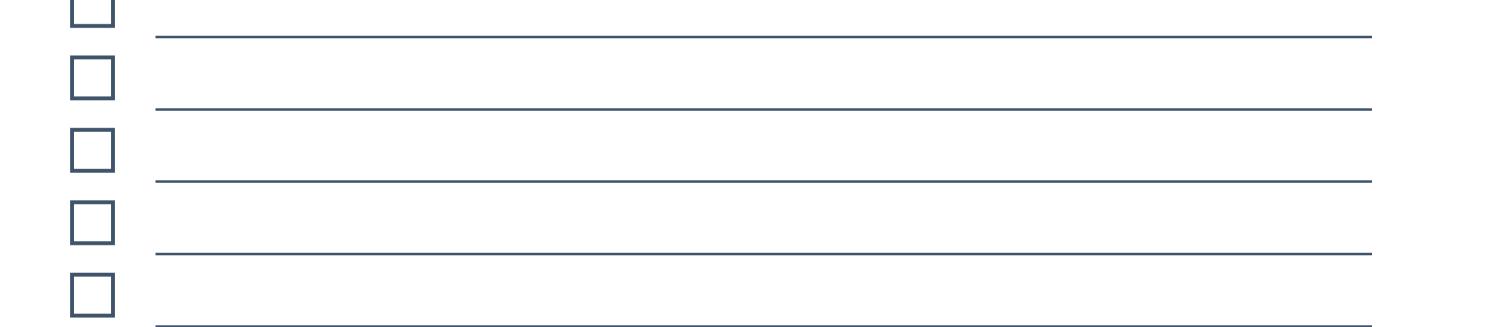
# Cooperative meal brainstorm and planning

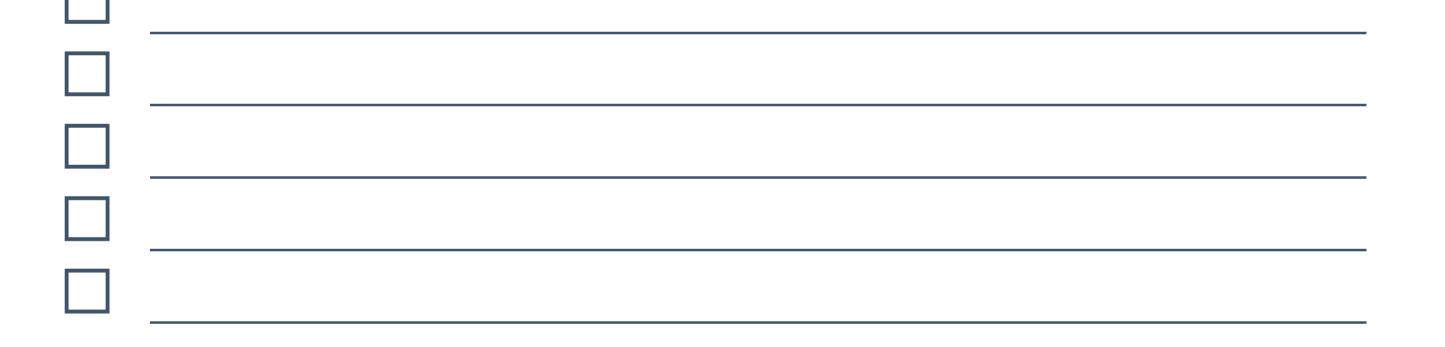
#### Personal Grooming

- □ 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

