

Caregiver Checklist

Quality of life and activities planning

Caregiver Name: _____

Date: _____

Physical Activity

- Indoor or Outdoor Walk Scheduled
- Prescribed Physiotherapy Exercises
- Light Seated or Standing Calisthenics
- Nutrition and Prescribed Meal Plan Followed
- Gardening and Light Lawncare
- _____
- _____
- _____
- _____
- _____
- _____

Mental Health & Stimulation

- Books and Audiobooks Accessed
- Library Trips and Resources
- Crosswords, Sudoku, Wordle Available
- New Additions To Meal Plans Scheduled
- New Walk Locations and Route Changes
- _____
- _____
- _____
- _____
- _____
- _____

Staying Connected With Friends & Family

- Books and Audiobooks Accessed
- Library Trips and Resources
- Crosswords, Sudoku, Wordle Available
- New Additions To Meal Plans Scheduled
- New Walk Locations and Route Changes
- _____
- _____
- _____
- _____
- _____
- _____

Small Tasks Around The Home

- Cooperative Folding and Storing Laundry
- Cooperative Tidying, Putting Away Dishes
- Collaborate On Weekly Grocery Lists
- Cooperative Mail Opening and Sorting
- Plan Seasonal House Decorations
- _____
- _____
- _____
- _____
- _____
- _____

Caregiver Observation Notes

Behavioral & Medical Notes