

# CAREGIVER CHECKLIST

## PERSONAL CARE

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Bath or shower assistance, including getting in and out safely

Skincare, including applying lotion as needed. Use appropriate barrier cream. Report redness or skin breakdown to family. Apply moisturizer after bath or shower.

Oral care, including brushing teeth or cleaning dental appliances

Shaving or beard trimming

Haircare, including combing, brushing, and styling hair

Applying or removing makeup

Finger and toenail care. File nails as needed.



## DRESSING

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Getting clean clothes ready

Help with changing clothes and dressing



## CONTINENCE

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Assist with toileting, including ensuring a safe transfer to and from the toilet

Monitor incontinence and keep undergarments clean and dry



## MOBILITY

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Help to transfer, for example to or from the bed, shower, toilet, or chair

Help or support while walking

Push wheelchair, assist in and out of the chair



## FEEDING

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Assist with eating

Encourage fluids



## LIGHT CLEANING AND HOUSEKEEPING

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Vacuuming, dusting, dry mopping, dishwashing, cleaning the kitchen and bathroom, changing beds, and taking out the garbage



## LAUNDRY AND LINEN SERVICES

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Washing, drying, folding, and putting away clothes, and ironing



## MEAL PREPARATION

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Meal and snack preparation, clean up, wash dishes

Store leftovers

Adhere to dietary restrictions

Consider food preferences



## SHOPPING

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Write or ask for a food list

Shop for groceries, clothes, and other necessities



## TRANSPORTATION

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Either driving or accompanying on public transportation

Errands including grocery shopping, to the pharmacy, to medical and dental appointments, socializing or seeing family members



## MEDICATION MANAGEMENT

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Remind the patient to take medications

Write what medications were taken

Help track when medications need to be renewed



## MONITOR SUPPLIES

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Disposable gloves, commode liners, bandages, and other things used

Notify family if supplies are getting low



## COMPANIONSHIP

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Keep company

Encourage activities

Encourage appropriate movement or exercise



## PET CARE

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Feed pet

Walk pet



## REPORT TO FAMILY

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Changes in physical condition, behavior, or mood

Changes in eating habits

Inadequate fluid intake

Missed medications

If medication renewals are needed

Low groceries or supplies

