

Beginning Caregiver Task Checklist

Use this checklist during the first weeks and months of caregiving. Completing these tasks early can save time, reduce stress, and help you prepare for future needs.

Medical Information

- Create a list of all current medications.
- Record doctors, specialists, and contact information.
- Keep copies of insurance cards.
- Create a medical history summary.
- List allergies and emergency medical information.

Emergency Preparedness

- Create an emergency contact list.
- Prepare a hospital go-bag.
- Keep medication and physician lists accessible.
- Discuss emergency plans with family members.

Daily Care Organization

- Develop a medication schedule.
- Create a calendar for appointments.
- List daily care routines and preferences.
- Identify transportation options.

Support System

- Identify family and friends who can help.
- Ask at least one person for specific help.

Self-Care

- Schedule regular personal time.
- Create a list of activities that help you recharge.
- Commit to accepting help when offered.

