

Caregiver Responsibilities Checklist

Dressing & Personal Hygiene

- Bath/Shower Assistance
- Lotion Applied As Needed
- Teeth Brushing & Dental Appliance Cleaning
- Shaving & Hair Trimming
- Brushing/Styling Hair
- Makeup Application & Removal
- Finger & Toenail Care
- Pick Out Clothes & Dress

Throughout the Day

- Toileting Assistance
- Monitor & Change Incontinence Undergarments & Medical Devices
- Change Soiled Clothing If Needed

Medicine & Medical Plan Management

- Remind & Aid in Taking Medicine
- Refill & Sort/Organize Pills
- Monitor & Keep Record of Blood Pressure, Blood Sugar Readings, Etc..
- Assist With Home Exercises Prescribed By Medical Team
- Attend Medical Appointments & Provide Updates to Doctors & Nurses

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Eating Properly

- Help With Or Do Grocery Shopping
- Prepare Meals & Snacks
- Assist With Eating
- Ensure Proper Daily Fluid Intake

Help Get Around

- Take To Doctor's Office, Grocery, Activities
- Transport To Social Activities, Church, Etc..

Companionship

- Listen, Play Games, Watch TV, Read, Etc...
- Encourage Others To Visit

Light Housework

- Clean Kitchen After Food Prep
- Vacuum/Mop Up Spills
- Wash Dishes & Run Dishwasher
- Do Laundry & Put Away Clothes
- Take Out Trash
- Make & Change Bed As Needed
- Wipe Down Bathroom Sink & Shower
- Retrieve Mail & Help With Bill Paying
- Maintain File Of Receipts For Records

Communicate With Family

- Update Family Members On Health & Behavior Changes
- Alert Family About Upcoming Doctor's Appointments & Outcomes