



# GENERATIONAL SUPPORT

*Helping Families Navigate Aging in the 21st Century*

## Caregiver Checklist

*Practical guidance for supporting aging parents/older adults*

### Getting Oriented

- Identify primary concerns (health, safety, memory, finances)
- Clarify your role and level of involvement
- Identify other family members involved in care
- Start a caregiving notebook or digital folder

### Health & Medical Care

- List all medical conditions and diagnoses
- Maintain an up-to-date medication list (name, dose, purpose)
- Identify primary care provider and specialists
- Track appointments and follow-ups
- Note allergies and adverse reactions
- Discuss advance care preferences

### Medication Safety

- Review medications annually with a pharmacist or provider
- Use one pharmacy when possible
- Set up pill organizers or reminders
- Watch for side effects (falls, confusion, appetite changes)
- Confirm medications are taken as prescribed

### Home Safety & Daily Living

- Evaluate fall risks (stairs, rugs, lighting)
- Assess bathroom safety (grab bars, non-slip mats)
- Ensure smoke detectors and emergency contacts are updated
- Observe ability to manage meals and nutrition
- Review transportation and driving safety

## Cognitive & Emotional Well-being

- Note memory or behavior changes
- Observe mood, anxiety, or withdrawal
- Adjust communication for clarity and respect
- Encourage social engagement and routine
- Seek professional evaluation when concerns arise

## Legal & Financial Planning

- Locate or establish:
  - Healthcare Power of Attorney
  - Financial Power of Attorney
  - Advance Directive / Living Will
  - Will or Trust
- Identify key contacts (attorney, financial advisor)
- Understand insurance coverage and benefits

## Family Communication

- Share information with siblings or key supporters
- Clarify responsibilities and expectations
- Schedule regular family check-ins
- Address conflict early and respectfully

## Caregiver Self-Care

- Monitor your stress and energy levels
- Take breaks without guilt
- Ask for help early
- Use respite or community resources
- Maintain your own health appointments

## Professional Support

- Identify local aging resources
- Consider care coordination or consulting support
- Seek guidance before a crisis occurs

### Remember:

Caregiving is a journey — not a test. Support, planning, and compassion make it sustainable.

*Created by Generational Support, LLC*