



# Caregiver daily checklist

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- Assist with morning hygiene (teeth, wash, dress) to maintain health and dignity
- Provide ample time for mobility; communicate steps to reduce fall risk
- Offer nutritious breakfast choices to fuel the body and mind
- Provide emotional support and reassurance to set a positive mood
- Schedule toilet visits and provide standby help with dressing, bathing, grooming to attend to self-care needs
- Accompany to appointments and errands; provide safe transportation
- Prepare appealing meals within dietary restrictions; stay vigilant about choking risks
- Encourage social connections through safe visits, calls, videos chats, reminiscence
- Provide cognitive stimulation through games, puzzles, music, books, movies
- Incorporate physical activity like chair exercises or walking to maintain abilities

- Assist with evening personal care like washing up, changing clothes, skin care
- Verify medications given properly at night; report concerning symptoms
- Make bedrooms safe for sleep by lowering rails, using monitors/alarms as needed
- Listen compassionately about worries interfering with sleep; provide reassurances
- Caregivers should nourish themselves despite busy demands
- Prioritize sleep by napping when care recipient rests; unwind at bedtime
- Seek support from medical providers, friends, spiritual leaders, caregiver groups
- Discover stress relievers that work well personally, like music, art, meditation
- Obtain regular breaks from care duties to prevent burnout
- Post simple daily schedules to clarify routines and encourage participation
- Document medical details to communicate effectively with providers
- Adapt living spaces proactively for evolving physical or sensory limitations
- Know emergency protocols for likely scenarios like falls, extreme pain, disasters