

Caregiver Checklist

MORNING	SMTWTFS
Check vital signs	0000000
Assist with personal hygiene	0000000
Prepare breakfast	0000000
Administer medications	0000000
Help with dressing	0000000
Check mobility aids	0000000
MID-DAY	SMTWTFS
Monitor for signs of distress or discomfort	0000000
Provide assistance with mobility	0000000
Prepare and serve lunch	0000000
Engage in mental or physical exercises	0000000
Offer hydration	0000000
Administer medications	0000000
AFTERNOON	SMTWTFS
Assist with bathroom needs	0000000
Check for skin integrity	0000000
Prepare and serve a light snack	0000000
Take short walks or fresh air breaks	0000000
Assist with any household chores	0000000
Provide companionship	0000000

EVENING	SMTWTFS
Prepare dinner	0000000
Administer evening medications	0000000
Assist with nighttime hygiene	000000
Set up the bedroom for rest	0000000
Check for comfort	000000
Monitor for signs of discomfort	0000000
ADDITIONAL TASKS	SMTWTFS
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