

Caregivers Corner: A Check List for Providing Good Care

Caring for another person is a major responsibility. As with any challenging task, there are ways to make it easier, with preparation and planning. Whether it's hosting the holiday dinner for fifteen relatives or tackling a major problem at work, a check list is your best friend. As we think about the things that caregivers have to do to provide good care for their loved ones, we see elements of a check list that emerges.

CHECK LIST

✓ **Education: educate yourself about your loved one's condition; explore your options**

- Talk with the doctor
- Research the Internet
- Learn how to provide any special care that's needed

✓ **Explore Options: Identify community resources**

- Review the specific things that must be done daily, weekly, monthly
- Assign someone the responsibility for getting each done (not all of them done by you)

✓ **Identify Resources: create a list of people who can help**

- Call your local Agency on Aging
- Consider hiring a care manager
- Review the Info-Line Internet database
- Get information on Adult Day Centers
- Contact disease specific organizations

✓ **Create lists: List the tasks that someone other than you could do**

- Make a list of people who know the person you care for or know and love you
- Look at both lists and determine who to ask for help with each task

✓ **Organize**

- Make a list of all the doctors, laboratories, therapists and pharmacies you use
- Make a list of all the diagnoses and allergic conditions of the person for whom you provide care
- Create a financial file with health insurance information, life insurance, bank information
- Make multiple photocopies of important documents such as birth certificate, license, Social Security card, Medicare card

✓ **Make a Care Plan Ask the person you care for about his/her wishes**

- Develop a log for medications, meals, doctor visits
- Check the household for accessibility and safety
- Make a visitor log

✓ **Plan for the Future**

- Know the prognosis
- Discuss advanced directives
- Assess finances
- Consult with an attorney about Power of Attorney
- Create a long term care plan



Don't go it alone. We are here to help. Call the Aging & Disability Resource Center of the Agency on Aging of South Central Connecticut at 203-785-8533, option 4.