**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.