

Senior Care Checklist

A comprehensive senior care checklist covering an aging adult's health, safety, daily living, finances, and social needs.

Health and Medications

- Keep an up-to-date list of all medications, doses, and schedules
- Use a pill organizer and reminders to prevent missed or doubled doses
Refill prescriptions a few days early to avoid running out.
- Track upcoming doctor, dental, eye, and hearing appointments
- Maintain a record of conditions, allergies, and emergency contacts
- Stay current on recommended vaccinations and screenings
- Confirm health insurance coverage and keep cards accessible

Home Safety

- Remove trip hazards like loose rugs, clutter, and cords
- Add grab bars in the bathroom and handrails on stairs
- Improve lighting in hallways, stairs, and near the bed
- Test smoke and carbon monoxide detectors regularly
- Consider a medical alert device for emergencies
A wearable alert button lets help be summoned after a fall.
- Make sure exits, locks, and walkways are easy and safe to use

Daily Living Support

- Assess help needed with bathing, dressing, and grooming
- Arrange support for housekeeping, laundry, and chores
- Plan reliable transportation to appointments and errands
- Set up easy ways to stay in touch, like a simple phone or video calls
- Review whether in-home help or other care levels are needed

Nutrition and Meals

- Ensure regular, balanced meals with enough protein and fiber
- Keep healthy, easy-to-prepare foods stocked at home
- Monitor for unintended weight loss or poor appetite
- Encourage enough fluids throughout the day
- Follow any dietary restrictions set by the doctor
- Consider meal delivery or shared meals to support nutrition and company

Finances and Legal

- Organize bank accounts, bills, and important financial records
- Set up automatic payments to avoid missed bills
- Confirm a will, power of attorney, and healthcare directive are in place
- Store insurance, account, and password information securely
- Watch for signs of scams or financial exploitation
- Consult a qualified attorney or advisor for major decisions

Social Connection and Wellbeing

- Schedule regular visits, calls, and family check-ins
- Encourage hobbies, faith communities, or senior center activities
- Arrange transportation so they can join social events
- Watch for signs of loneliness, low mood, or withdrawal
- Support physical activity that the doctor has approved
- Important: this checklist is general planning information, not medical or legal advice; follow the older adult's doctor and care team, and consult a qualified attorney for legal matters