

You as a Caregiver - Caring for Older Parents

Get a complete picture of what may be coming your way as far as your parents' needs are concerned. This checklist will help you get started.

1. Physical Environment

- Is there healthy food in the refrigerator?
- Are pantry items expired?
- Is their living area clean?
Is a cleaning service needed?
- Can your parent go up and down the stairs without risk of falling?
- Is the house set up with grab bars, shower bars?
- Can they age suitably in their current place?
- Are your parents isolated?

2. Medical

- Are they taking their medications?
- What are they taking?
- Who is prescribing it?
- How old is it?
- Is there a pre-defined schedule for doctor's appointments?
- Are their doctor appointments current?
- How is their driving if they still have an active license?
- Do you have medical directives in place?
- Do you have a current list of all their medical care providers?
- Is there a written plan of action in place in case of an emergency?

3. Financial

- Are bills being paid?
- What are their fixed monthly expenses?
- How much savings do they have?
- How quickly are they spending - i.e., after they receive their Social Security and pension checks, how much are they pulling out of their nest egg to cover the gap?
- How much equity do they have in their home, and is there a mortgage?
- Do they have other debts?
- Do they have long-term care insurance?
- Do you have their important papers in order?
- Do you know where they keep their passwords?

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