

# Caring for Aging Parents Checklist

[caregivingforkin.com](http://caregivingforkin.com)

## INITIAL CONVERSATIONS

- Create a Care Plan
- Evaluate Home Care Options

## FUTURE WISHES

- Plan for Future Care Needs
- Address End-of-Life Care
- Plan for Pet Care

## HEALTH AND SAFETY

- Assess Safety Needs
- Stay Involved in Medical Care
- Encourage Good Nutrition
- Evaluate Memory Care Needs
- Consider Assistive Technology
- Evaluate Mobility Needs
- Hearing and Vision Needs
- Address Dental Hygiene
- Address Chronic Conditions
- Help Resolve Sleep Issues
- Address Mental Health Needs
- Assist with Medication Management
- Consider Nutrition Supplements
- Monitor Skin Care
- Develop a Plan for Medical Emergencies

## SOCIAL AND SPIRITUAL

- Help Your Parents Stay Active
- Maintain Communication
- Plan for Transportation
- Address Emotional Support Needs
- Address Spiritual Needs

## LEGAL AND FINANCIAL

- Discuss Financial Assets and Needs
- Ensure Legal Documents are in Order

## CAREGIVER SUPPORT

- Consider Caregiver Support
- Know Your Limits
- Establish Boundaries
- Develop Consistent Self-Care Practices

## NOTES

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*"To care for those who once cared for us is one of the highest honors."*

~ Tia Walker