FREE LARGE PRINT CHECKLIST · CAREGIVER PLAN

Your First 30 Days as a Caregiver

You will not finish everything in 30 days, and that is fine. The goal is to move from crisis to a plan. Tick each step as you go.

1 Week 1: Understand the situation

- ☐ Talk with your parent about what is happening and what matters most to them
- ☐ Gather the basics: doctors, medicines, insurance cards, emergency contacts
- ☐ Make sure your parent is safe right now: food, medicines, a way to call for help
- ☐ Call the Eldercare Locator, 1-800-677-1116, to find your local Area Agency on Aging

2 Week 2: Get the paperwork in place

- ☐ Find out which legal papers exist: financial power of attorney, health care proxy, living will, HIPAA authorization
- ☐ If not, arrange to complete them while your parent can sign
- ☐ Give copies of health documents to the doctors and hospital
- ☐ Start one folder for health and money information

3 Week 3: Build the team

- ☐ Hold a family meeting and share tasks
- ☐ Contact services your parent may need: meals, transportation, home help
- ☐ Schedule a doctor's visit to review health and medicines
- ☐ Check the home for fall hazards and meet a neighbor who can check in

4 Week 4: Plan ahead and protect yourself

- ☐ Learn what care options and costs look like in your area
- ☐ Find out whether your parent may qualify for Medicaid, veterans' benefits or other help
- ☐ Schedule regular breaks for yourself and look into a caregiver support group
- ☐ Set a monthly date to review how things are going

From **Caring for an Aging Parent**, the large print caregiver's guide for adult children (Big & Clear Guides, Olimpia Pubblicazioni). Free to print and share.

General information, not medical or legal advice. Phone numbers checked in October 2026.

WORKSHEET

One complete medicine list

List every prescription, over-the-counter medicine, vitamin and supplement. Keep a copy in your parent's wallet and one at home. Update it every time something changes.

Medicine	Dose	When taken	What it is for

Ask the doctor or pharmacist to review all medicines at least once a year and after every hospital stay. Never stop or change a medicine without talking to the doctor.