

Elder Caregiving Checklist

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In the process of thinking and planning ahead, there are many areas that seniors and their family members can address in a proactive manner for the benefit and clarity of all involved. Outlined below are topic areas, discussion points and resource ideas to get you started.

For additional information, please see our website at:

<http://www.healthsystem.virginia.edu/internet/feap/eldercare/elder-program-components.cfm> or call the # noted above for an appointment. Each situation is unique and we are happy to meet individually to discuss your situation more specifically.

Financial and Legal Preparation?

Wills up to date in state of residency
Trusts considered
Durable Power of Attorney of person or HealthCare Proxy
Durable Financial Power of Attorney
Banking co-signatures
Asset/Income list – sources, contact info, acct #'s
Deeds available and up to date
Burial account set up
Funeral arrangements specified
Advance directives or Living Will discussed and/or written



Insurance?

Medicare status
Secondary health insurance
Medicaid coverage for health care or Nursing Facility care
Long-term care insurance

Medical Care?

Primary Care Physician in place
Geriatric Consultation
Memory Disorders or Neurology Consultation
Vision, hearing, mobility, pain management at optimal levels
Substance abuse or psychiatric special needs
HIPPA or Release of Information forms on file with the MD and the Healthcare Proxy
List of prescriptions, diagnoses, physicians in the hands of pertinent people
Transportation to/from

Leisure and Socialization?

Transportation
Physical activity/recreation
Senior Center
Large print books
Community support access
Pet care



Housing Issues?

Accessibility re stairs, bathroom
Personal safety re access to phone, locked doors, community assistance

Equipment Needs?

Commode chair
Grab Bars
Shower chair
Mobility aids
Reacher
Visual or hearing aides

Discussion Points with Significant Others?

How to know when to stop driving?
Age in place preferences vs relocation: How to know when it is time to move?
Care preferences, Advance Directives: how do you want to be cared for if frail or dying?
Who do you want to have manage your finances?

Options?

Medical Alert System
Home-delivered meals
Home safety inspection/modifications
Geriatric care management
Home care/elders
Senior Transportation
In-home personal care or companions
Adult day care
Respite care
Facility-based long-term care



National Resources:

Eldercare Locator at: www.eldercare.gov/Eldercare/Public/Home.asp 800-677-1116
National Association of Professional Geriatric Care Managers at: www.caremanager.org/
(520) 881-8008
National Academy of Elder Lay Attorneys at: www.naela.com/ 520-881-4005