

Caregiver Daily Checklist

Patient: _____

Date: _____

Hygiene

✓

- Showering/bathing
- Washing hair
- Shaving
- Morning toothbrushing/denture cleaning
- Evening toothbrushing/denture cleaning
- Deodorant application
- Fingernail clipping
- Toenail clipping
- Ear cleaning

Grooming

✓

- Choosing outfit
- Assisting getting dressed
- Hair brushing/styling
- Lotion application
- Perfume/cologne application
- Makeup application
- Jewelry application

Meals

✓

- Meal planning
- Grocery Shopping
- Preparing breakfast
- Assisting with eating breakfast
- Preparing lunch
- Assisting with eating lunch
- Preparing snacks
- Assisting with eating snacks
- Preparing dinner
- Assisting with eating dinner

Health

✓

- Setting out medications for the day
- Assisting with taking medications
- Sorting and refilling medications
- Logging medication administration
- Assisting with physical therapy/exercise
- Attending medical check-ups/appointments

Contact

- Filling out daily report
- Updating family/friends of patient's condition
- Assisting with phone/video calls, emails, etc.

Housework

- Making bed
- Wiping down bathroom after use
- Cleaning up food prep/doing dishes
- Sweeping/mopping
- Taking out trash/recycling
- Doing laundry
- Getting mail/organizing bills and documents

Throughout the Day

- Assisting with bathroom use
- Ensuring sufficient fluid intake
- Monitoring vitals/symptoms as necessary
- Driving to events/functions
- Ensuring light movement/exercise
- Participating in games/activities
- Participating in conversation/listening