



The SIMPLIFY YOUR LIFE SERIES

Caregiver

CHECKLIST

- ☐ GET THE GUIDE AND THE BOOK, CREATING MOMENTS OF JOY
- ☐ MEET WITH FAMILY AND FRIENDS
- ☐ DETERMINE NEEDS
- ☐ DIAGNOSIS AND DOCUMENTATION
- ☐ MAKE A PLAN
- ☐ CREATE A SHARING JOURNAL AND ROUTINES/SCHEDULES
- ☐ LEGAL ADVOCATE
- ☐ MEDICAL ADVOCATE
- ☐ LEARN ABOUT THE CONDITION
- ☐ MEET WITH DOCTOR ABOUT PROGRESS AND MEDICATIONS
- ☐ SAFETY PROOF THE ENVIRONMENT
- ☐ DETERMINE ADDITIONAL ACCOMODATIONS NEEDED
- ☐ SEEK OUT ADDITIONAL SUPPORT, CAREGIVERS, OT, PT
- ☐ DETERMINE LONG TERM PLANS
- ☐ ENCOURAGE MOVEMENT, ENRICHMENT, AND FUN
- ☐ BE GENTLE ON YOURSELF AND THE PERSON YOU ARE CARING FOR
- ☐ ASK FOR ASSISTANCE AND ENLIST SUPPORT