

Caregiving Assistant

There are a lot of things to think about when caring for a loved one. Use this guide to remind yourself of what they might need and share it with others who ask how they can help. You're not alone.

Food & Fluids

- Adaptive utensils, cups, and straws
- Restrictions, allergies, and supplements
- Ability to swallow and chew: solids, semi-solids, or fluids only

Transportation

- Groceries
- Appointments
- Prescriptions
- Bank
- Church/Community
- Hobbies/Events

Financial

- Bill payments
- Funds/accounts
- Retirement income
- Insurance
- Elder care attorney
- Power of attorney

Grooming

- Hair, nail, and skin care
- Dental hygiene
- Toileting, pull ups, briefs, and pads
- Bathroom safety
- Foot and shoe care

Clothing

- Laundry
- Adaptive clothing
- Alterations to current clothing
- Dressing aids

Medical Aids

- Mobility aids: canes, walkers, crutches
- Urinals, gloves, wipes, washcloths, and basins
- Moisture barrier cream, antifungal cream or powder

If you're looking to help a caregiver, offer to take on any of these items. Providing respite care gives them a break to do what they want or need to do. People appreciate meals, but ask about dietary restrictions or needs first.