



## CAREGIVER'S CHECKLIST

**Have an Evaluation/Assessment** such as, medical, neurological and psychological to assist in determining an accurate diagnosis of the person's symptoms. Find a good doctor you can trust and be sure to tell them about all symptoms and changes in patient.

**Get educated** about Alzheimer's Disease, read all you can, attend workshops.

**Hold a family conference** – everyone should be involved in caregiving and planning for the future.

**Join a support group** - Contact your local Alzheimer's Association for more information and for caregiving help.

**Maintain patient AND caregiver** good health. Get rest and exercise.

### Home Safety

Install doors and window alarms; get an ID bracelet (if patient wanders). Remove dangerous items from within easy reach (hide car keys if patient can no longer drive, lock up poisons, sharp knives, power tools, etc.). You may need to move furniture and slippery rugs if patient develops a shuffling gait, or remove distracting paintings or wall hangings if they start to confuse the patient.

### Legal Financial

What kinds of insurance does patient have – what does it cover?

What are the patient's sources of income – social security, pensions, etc.

Check out Medicare and Medicaid in you state.

Look into Durable Power of Attorney, Guardianship, Conservatorship.

Does patient have a will – check into Living Wills.

Be sure you know about patient's bank accounts, safe deposit boxes, etc.

### Respite for Caregivers

Adult Day Care

Respite care (temporary in-home or in a facility)

Adult foster care

Long term care

Homemakers

Senior Companions