

Caregiver's Checklist

This checklist is designed to serve as a reminder of medical, legal and financial concerns caregivers will need to consider when a loved one has been diagnosed with Alzheimer's disease.

Medical

- Contact and referral on physician's involved in the patients care (neurologist, psychiatrist or geriatrician. Oncologist, etc.)
- Current and complete diagnostic work-up.
- Discussion with the physician regarding what is happening and what to expect.
- Regular medical checkups.
- Determine the individual's current level of functioning.
- Know patient's medical history, medications and dosages.

Caregiving

- Learn as much as you can about the disease and caregiving techniques specifically helpful in coping with this disease.
- Identify/attend local support group meetings.
- Attend caregiver training.
- Develop knowledge of community resources.
- Develop caregiving plans, including alternate plans for care of the patient in the event of your illness, vacation, respite.
- Determine what you are emotionally/physically able to do. Arrange for additional assistance through family, volunteers, respite care (home health care, adult day care or short-term respite care in a facility).



Make the home safe for the patient (accident-proofing).

Schedule regular medical care for yourself, reporting any changes in your health to your physician.

Legal

Determine if the patient needs assistance to manage his or her legal/financial affairs.

Consult an Elder Law Attorney knowledgeable in issues such as Medicaid, Medicare, Guardianships, Estate Planning, Trusts and Advanced Directives.

Contact attorney for advice regarding:

- Durable Power of Attorney
- Health Care Surrogate Power of Attorney
- Living Will
- Will
- Trusts
- Guardianship

If documents have been prepared previously, know location and check that they are up to date with current state laws.

Financial

Someone should assume the responsibility for:

- Checking Account (bill payments)
- Savings Account
- Other Assets (Money Market, Stocks, Bonds, CDs)
- Real Estate and other property (location of deeds)
- Safety Deposit Box-- Co-signer for box access (location of box and keys)



- Security Box or home safe (location and key combination.)

Review and determine the location of all insurance policies (Medical, Disability, House, Car, Long Term Care, Life Insurance, VA.)

Check for Waiver of Premium Clause on insurance policies.

Investigate patient's eligibility for financial assistance programs (see Section IV).

Determine the amount and source of all monthly income. Are any checks (Social Security, Retirement, etc.) sent direct deposit?

If the patient is receiving Social Security, do you want to be designated as the Representative Payee?

Funeral/Burial Arrangements

Know previously made arrangements for cemetery lot, funeral, etc.

Are wishes known regarding burial/cremation?

Autopsy arrangements.

Other

Driving (You must judge when the patient can no longer safely operate a motor vehicle.)

ID Bracelet for Alzheimer's disease patient, particularly if wandering becomes a problem.

For information on local resources contact Carlsbad Parks and Recreations at (760) 602-4650

