

You may find yourself up all night, racing with thoughts, worrying about finding your loved one the right care and keeping them safe. Taking care of them when they can no longer take care of themselves is a courageous act but also an overwhelming one. There is so much to consider to make sure your aging parent's needs are met. We provided a checklist to make planning for your loved one's care a lot easier.

### **Caregiving**

Revisit your care plan often since it may be subject to change with your aging parent's needs.

- Clarify caregiving roles with your family and stick to them.
- Look into various care options such as in-home care, assisted living, nursing homes, etc.
- Meet with their doctors regularly and adjust care based on what is informed.
- If your loved one has a pet, consider their needs as well.

### **Financial**

- Look into financial help through public programs such as Medicare, Medicaid, Supplemental Security Income, Social Security Disability Insurance, and the Supplemental Nutrition Assistance Program. The government also offers veterans benefits.
- Find Tax Breaks. You may be eligible for federal tax deductions offered for many healthcare costs.
- Review Insurance and retirement plans. Look over if they have life insurance, long-term care insurance, disability coverage, workplace health insurance, and pension benefits. Also, see if their insurance covers short-term assistance such as home health visits and physical therapy.
- Explore the [Family and Medical Act](#). As a caretaker, you may be eligible to take a leave of absence for up to 12 weeks.

### **Health and Medical**

- Keep track of your loved one's medications and make sure they are taking them. Also, don't forget to schedule all refills.
- Communicate with their doctors. Fill out paperwork at their office so you can view and discuss your parent's medical records.
- Escort your loved one to their medical appointments. Going to appointments can help you get a clear understanding of their health and how to meet their needs.

### **Legal**

- Become an authorized user on your loved one's accounts. You have access to paying their bills when they no longer can.
- Collect and organize your parent's important documents:
  - Citizenship papers
  - Birth certificate
  - Insurance policies
  - Marriage certificate
  - Pension benefits

- Military discharge papers
- Deeds to property
- Divorce decree
- Deeds to cemetery plot
- Death certificate of spouse or parent
- Help your parents with future legal documents such as their will and an advance care directive. Make sure they grant you general power of attorney so you can make decisions for when they're incapable themselves.
- Talk to an elder law specialist. These lawyers can assist you with legal responsibilities over your loved one such as managing their money and assets.

### **Safety**

- Find out about potential dangers your loved one could face. Communicate with doctors to help them avoid falls and other safety risks.
- Use monitoring technology. Monitoring devices such as an alarm system or a GPS tracking bracelet can keep track of your loved one and ensure their safety.
- Talk to a geriatric care coordinator. They will be able to evaluate their home safety and help come up with a plan.

When taking care of your loved one, you may be constantly wondering if you accounted for everything you should be doing. It is an overwhelming process that can feel a lot easier when written down. Looking over [the 1+1 Cares](#) checklist and other resources such as [AARP's](#) planning guide can take you in the right direction.

1+1 Cares is a referral agency that works for clients and caregivers. We match caregivers with clients and inform them of your requirements. We work for you so you and your loved one can have a safe, enjoyable caregiving experience