

Vida Care

Compassion You Can Trust

FAMILY CAREGIVER CHECKLIST

Daily Care

Checklist
■ Assist with personal hygiene if needed.
■ Encourage hydration.
■ Provide balanced meals.
■ Monitor mobility and fall risks.

Health Monitoring

Checklist
■ Medication reminders completed.
■ Observe changes in mood or memory.
■ Watch for signs of illness.
■ Record concerns for healthcare provider.

Caregiver Wellness

Checklist
■ Take regular breaks.
■ Ask for help when needed.
■ Schedule time for self-care.
■ Stay connected with family and friends.

Need More Information?

Compassionate home care can provide support for both seniors and family caregivers.

Email: info@vidacarellc.com

Website: www.vidacarellc.com