

Monthly Checklist

- Mark prescription refills on your calendar
- Check bank/credit card statements
- Check phone bill for anything that stands out
- Ensure railings are secure
- Ensure Medical Information sheet at front door is up to date
- Check for outings or activities your loved one may enjoy (theatre, art exhibits, fundraisers etc.)

Weekly Checklist

- Check/open mail
- Check if laundry needs to be done
- Check fridge for bad food
- Plan meals until your next visit ([see meal planner](#))
- Make a shopping list
- Check prescriptions are being taken properly, possibly sort them into a pill organizer so it is easy to see if they are being missed and less confusing to take if there are multiple prescriptions

Every Time You Leave

- Ensure thermostat is set at an acceptable temperature
- Ensure doors and windows are locked
- Do a quick walk around to check for hazardous flooring or clutter
- Mark your next expected visit on their calendar
- Ask if they need anything, they may not tell you if you don't ask

Add Your Own Reminders

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