

Aging Parent Caregiver Checklist

A one-page reference for home safety, legal documents, and support services. Companion to the full guide at kaizenhealth.io.

The 40/70 rule: a shorthand for starting these conversations while your parent can still weigh in, roughly when you're around 40 and they're around 70, not after a crisis forces the decision.

Home Safety Walkthrough

- ☐ Remove loose rugs, cords, and clutter from walkways
- ☐ Fix or ramp raised thresholds between rooms
- ☐ Add bright, non-glare lighting on stairs and hallways
- ☐ Install nightlights in bedroom, hallway, bathroom
- ☐ Install grab bars near toilet, tub, and shower
- ☐ Secure handrails on both sides of stairways
- ☐ Add a ramp/handrail at the main entrance if needed
- ☐ Check door and window locks
- ☐ Consider a personal emergency response system

Caregiver Self-Care

- ☐ Identify one task this week you can hand off
- ☐ Schedule your own overdue checkup
- ☐ Book a respite break, even a few hours
- ☐ Join a caregiver support group (in-person or online)
- ☐ Set one boundary you'll hold this month

Legal & Medical Documents

- ☐ Advance Health Care Directive (living will + health care proxy)
- ☐ Durable Power of Attorney (financial)
- ☐ HIPAA release for each provider
- ☐ Updated medication list + medical history
- ☐ Copies of ID and insurance cards
- ☐ Will / estate plan location and executor
- ☐ DNR or POLST, if applicable

Services to Explore

- ☐ In-home care (personal care or skilled nursing)
- ☐ Adult day programs
- ☐ Meal delivery (e.g. Meals on Wheels)
- ☐ Transportation / dial-a-ride services
- ☐ Geriatric care manager for complex care
- ☐ Family Caregiver Alliance (caregiver.org)

Compiled by the Kaizen Health editorial team from CDC fall-prevention data, AARP and Family Caregiver Alliance guidance, and elder-law planning resources. For full context on each item, see the complete guide: kaizenhealth.io/blog/family-history/caregiver-guide-aging-parents

Sources: CDC Facts About Falls (cdc.gov/falls) · AARP Caregiving · Family Caregiver Alliance (caregiver.org) · Eldercare Locator (eldercare.acl.gov). This checklist is educational and not a substitute for legal or medical advice.