



DAILY CAREGIVING CHECKLIST

Simple daily reminders to help support health, safety, and well-being at home and in the community.

Daily Health & Wellness

- Medications were taken as prescribed
- Meals and fluids were provided or encouraged
- Personal hygiene needs were addressed
- Rest breaks were encouraged as needed

Safety & Supervision

- Walkways and common areas are clear
- Mobility devices are within reach
- Safety concerns or changes were monitored
- Supervision was provided as needed

Emotional Well-Being

- Social interaction or conversation occurred
- Individual was encouraged to participate in activities
- Signs of stress, confusion, or mood changes were monitored

Home & Daily Living

- Laundry or household tasks were addressed if needed
- Important appointments or reminders were reviewed
- Supplies or groceries were checked

Notes
