



## Caregiver Resources

To be completed by the caregiver

<b>Caregiver Information</b>				<b>I'm caring for</b>			
Name:				Name:			
Phone number:				Phone number:			
Address				Address:			
<b>Medical information about my loved one</b>							
Medical problems/concerns:							
<b>Medication Allergies</b>							
Medication name:			Reaction:		Notes:		
1.							
2.							
3.							
<b>Health Care Team</b>							
Doctors/Providers:		Specialty/Service:		Contact information:		Notes:	
1.							
2.							
3.							
4.							
<b>Emergency Contacts</b>							
Name:		Phone number:		Relationship:		Notes:	
1.							
2.							
3.							
4.							
<b>Who to call if I'm unavailable to care for my loved one:</b>							
Name:		Phone number:		Relationship:		Notes:	
1.							
2.							
<b>Other Information/Notes</b>							



<b>Caregiver Checklist</b>	
Essential items for managing your role as a caregiver	
<b>I Have a Folder With</b>	
<input type="checkbox"/>	Copy of insurance cards
<input type="checkbox"/>	Copy of living will
<input type="checkbox"/>	List of medications and when they are taken
<input type="checkbox"/>	Completed <i>Brain Charge Caregiver Resource</i> list
<input type="checkbox"/>	Other:
<input type="checkbox"/>	Other:
<b>Appointments</b>	
<input type="checkbox"/>	Calendar/phone with appointment times and reminders
<input type="checkbox"/>	Transportation arrangement to appointments
<b>Medications</b>	
<input type="checkbox"/>	Pill boxes with AM/PM rows (2 boxes recommended)
<input type="checkbox"/>	My plan to keep medications safe
	- Where they are stored:
	- How they are locked:
<b>Meals</b>	
<input type="checkbox"/>	List of foods/meals my loved one can have
<input type="checkbox"/>	Meal plan for the week
<b>Household Safety</b>	
<input type="checkbox"/>	Car keys are safely stored
<input type="checkbox"/>	Cleaning/hazardous chemicals locked up
<input type="checkbox"/>	Door and window locks secured
<input type="checkbox"/>	Assistive handles/bars in bathroom, other rooms
<input type="checkbox"/>	Ramps within door/entry ways installed (for wheelchair, walker)
<input type="checkbox"/>	No loose cords or tripping hazards
<input type="checkbox"/>	Functional smoke and carbon monoxide detectors
<b>Notes</b>	