

Daily Care Checklist

A consistent and thorough daily care routine is essential for maintaining the health, safety, and happiness of seniors. This expanded checklist provides detailed guidance for caregivers to address all aspects of daily living.

Medication Management

- ☐ Ensure medications are stored safely and labeled clearly.
- ☐ Establish a system for tracking doses, such as a medication chart or app.
- ☐ Monitor for missed doses or incorrect usage and communicate any concerns to a healthcare provider.
- ☐ Understand potential side effects and know when to seek medical advice.

Nutrition and Hydration

- ☐ Plan meals that meet dietary needs, including any restrictions or allergies.
- ☐ Incorporate fresh fruits, vegetables, and lean proteins into daily meals.
- ☐ Encourage hydration by providing water and other healthy beverages throughout the day.
- ☐ Monitor weight changes or signs of malnutrition and consult with a nutritionist if needed.

Personal Hygiene and Comfort

- ☐ Assist with bathing or showering to maintain cleanliness and skin health.
- ☐ Ensure clean and comfortable clothing is available daily.
- ☐ Help with grooming tasks like brushing hair, shaving, and nail care.
- ☐ Monitor for skin issues such as dryness, rashes, or pressure sores.



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Physical and Emotional Well-Being

- ☐ Encourage light physical activities or exercises appropriate for their ability level.
- ☐ Provide opportunities for social interaction, such as phone calls or visits with loved ones.
- ☐ Engage in meaningful activities or hobbies that bring joy and mental stimulation.
- ☐ Be attentive to emotional changes and offer reassurance or professional support if needed.

Safety and Accessibility

- ☐ Perform daily checks for potential safety hazards in the home.
- ☐ Ensure mobility aids like canes or walkers are in good condition and within reach.
- ☐ Prepare an emergency kit with contact numbers, first aid supplies, and medications.
- ☐ Develop a clear evacuation or emergency response plan.



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