



CARING FOR AGING PARENTS CHECKLIST

Support with Confidence

Small steps today can make a big difference in their well-being and your peace of mind.



1. UNDERSTANDING THEIR NEEDS

- Observe daily routines and challenges
- Ask about:
 - Eating habits
 - Mobility
 - Memory concerns



Listening with care helps you understand what matters most to them.



2. HEALTH & MEDICAL

- Keep an updated list of medications
- Schedule regular doctor visits
- Watch for changes in health or behaviour



Stay proactive to help them live a healthier, happier life.



3. HOME SAFETY

- Remove tripping hazards (rugs, clutter)
- Improve lighting
- Install grab bars if needed



A safe home is the foundation for their independence.



4. SUPPORT & HELP

- Arrange help from family or professionals
- Look into home care services
- Set a schedule for check-ins



You don't have to do it alone. Asking for help is a sign of strength.



5. COMMUNICATION

- Talk openly and respectfully
- Include them in decisions
- Be patient and supportive



Kind words and patience build trust and stronger bonds.



Remember: You're making a difference every single day. Your love and support mean the world to them.



Take care of them, and don't forget to take care of yourself too.

