

# Aging with Dignity: Checklist for Ensuring Quality Care for Your Parents

## Creating a Safe and Comfortable Living Environment

	Hire a home safety specialist
	Install grab bars in the bathroom and throughout the house.
	Consider replacing traditional bathtubs with walk-in showers.
	Consider replacing traditional showers with a curbless shower.
	Ensure wide doorways and no-step entries for easy access.
	Add ramps where necessary to replace steps.
	Replace chairs with wheels with standard chairs.
	Replace old furniture that provides poor support with ergonomically designed chairs and sofas that offer better posture support and are easier to get in and out of.
	Secure loose rugs and ensure non-slip floors.
	Arrange furniture to create clear pathways.
	Improve lighting throughout the home for better visibility.
	Consider smart home devices for safety and convenience.
	Medical alert systems may be an option as well.

## Healthcare Management and Medical Care

	Familiarize yourself with your parents' health insurance coverage.
	Build a strong relationship with your parents' doctors.
	Accompany them to medical appointments.
	Keep a detailed record of medical information.
	Organize medications with pill organizers or digital reminders.
	Schedule regular health screenings and preventive care.
	Promote a healthy lifestyle with a balanced diet and regular exercise.
	Plan activities with and/or for them and encourage them to participate in hobbies, social organizations, etc.

## NOTES:

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## **Legal and Financial Planning**

	Ensure a will is in place and up to date.
	Set up Power of Attorney for financial and healthcare decisions.
	Create an Advance Healthcare Directive.
	Assess financial resources for long-term care planning.
	Explore and understand Medicare, Medicaid, and veterans' benefits.

## **Support Systems and Resources for Caregivers**

	Identify signs of caregiver burnout and seek support when needed.
	Utilize local community resources and support groups.
	Practice self-care to maintain your own well-being.
	Set realistic caregiving goals and delegate tasks as necessary.

## **Effective Caregiving Strategies and Communication**

	Observe and listen to understand your parents' unique needs.
	Build a positive and supportive relationship.
	Use clear, simple language for effective communication.
	Advocate for your parents' needs with healthcare providers.
	Approach difficult conversations with sensitivity and openness.

## **Navigating Difficult Conversations**

	Discuss living arrangements and end-of-life care preferences.
	Plan for financial management and legal matters together.
	Ensure all family members are informed and involved in decisions.

## **NOTES:**