

Printable Home Care Checklist

Safety & Accessibility

- ☐ Remove tripping hazards (rugs, cords, clutter)
- ☐ Install grab bars in the bathroom
- ☐ Add nightlights in hallways and bathrooms
- ☐ Check smoke and carbon monoxide detectors
- ☐ Place mobility aids and assistive devices where needed
- ☐ Add ramps or stair lifts if necessary
- ☐ Make sure fire extinguisher and first aid kit are accessible

Private Caregiver Space

- ☐ Provide a clean, private bedroom with a door
- ☐ Include a bed, dresser, and space for personal items
- ☐ Ensure bathroom access (create a schedule if shared)
- ☐ Give storage space in the kitchen (shelf or cabinet)

Care Documentation

- ☐ Daily routine schedule
- ☐ Medication list with instructions
- ☐ Emergency contact list
- ☐ Doctor and pharmacy phone numbers
- ☐ Allergies and special care needs
- ☐ Notes about mobility or cognitive concerns
- ☐ Cultural or religious preferences

Communication & Household

- ☐ Write out household rules
- ☐ Create a work schedule (hours, breaks, days off)
- ☐ List grocery or meal prep responsibilities
- ☐ Write out cleaning duties and shared space use

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☐ Set up a weekly check-in time

Security & Privacy

☐ Lock away valuables, personal papers, and cash

☐ Share only needed access (keys, alarm codes, etc.)