



JOURNEY STOP 1 CHECKLIST

Frequent Visits Stage

(1 - 3 hours / day)

- Check-up by Geriatric Physician - baseline assessment of physical and cognitive function.
- Prepare Medical Visit Notebook (MVN) with all information necessary for doctor's visit.
- Audit their living environment to ensure that it is functionally safe.
- Install ramps, walk in showers / tubs / hand rails as needed to assist.
- If Senior has capacity, prepare all necessary legal documents, especially POA's.
- Do Life Care Plan which describes what Senior wants to happen as they age.
- Review finances to make sure Senior has money necessary to follow through with Life Care Plan.
- Become familiar with Medicare Supplement plans (not all are created equal).
- May need to get an Electronic Medical Alert System of some sort.
- Get an easy functioning cell phone for Senior.
- Speed dial on house phone or cell where they can hit one button for help.
- Establish and incorporate routines, such a setting up a medications box.
- Have an end of life discussion with Parent and siblings to ensure that parent's wishes are honored.



JOURNEY STOP 2 CHECKLIST

Serious Time Stage

(3 - 6 hours / day)

- Checkup by Geriatric Physician - reassess medications, determine if any type therapy would help your parent and ask about any concerns that you have.
- Attend a support group appropriate to your Parent's diagnosis.
- Talk to local home care companies to determine whether they can provide the desirable level of assistance to meet the needs of your loved one.
- Check to see whether Home Caregiver Training is available in your area.
- Become familiar with home medical equipment and providers.
- Review Medicare Supplemental Insurance to make sure your Parent's plan is appropriate. (For example, some plans will not pay the Medicare co-pay for a nursing home stay during rehab).
- Work on establishing effective communication with Physicians and Staff
- Prepare Medical Visits Notebook (MVN)
- Check local resources for Home Health Services, Meals on Wheels, Private Sitter Services and Lawn Maintenance Services
- Check to see whether Medical transportation services to and from doctor's offices are available in your area. If needed, check to see if they have vans equipped with lifts.
- Hospital Stay Protocol. Have health care docs and insurance card ready. Don't leave your loved one alone. Meet the hospital staff that cares for your loved one and learn their roles. Meet the discharge planner / case manager to learn the discharge plan for your loved one.



JOURNEY STOP 3 CHECKLIST

Full Time Stage

(24 X 7)

- You've got to take care of yourself or you will quickly burn out
- Participate in a community like this - even a few minutes a day will make a difference.
- Become educated on proper way to perform specific caregiving tasks (such as how to transfer a loved one without hurting them or you).
- If your loved one has a cognitive impairment, learn about the illness and what to expect next.
- Have regular checkups by Geriatric Physician and other specialists as needed to reassess medications, therapy needed and determine whether home care is still appropriate.
- Determine hours you can work and find other caregivers for the remaining hours of the day.
- Equip space with home medical equipment as necessary. Learn how to use the equipment. Don't assume that you can just "figure it out". Ask.
- Tour local Assisted Living Facilities (ALF) and Nursing Homes, also know as Skilled Care Facilities (SNF) to determine whether this care is appropriate or desirable for your loved one. Check levels or tiers of service provided and ask about monthly costs and payment options.



JOURNEY STOP 4 CHECKLIST

Shift to Advocate

(Institutional Care)

- Become familiar with the different types of Long Term Care Facilities and the different level of services provided at each. Tour several facilities before you choose one.
- Schedule checkups of your Parent on a regular basis by a Geriatric Physician and other specialists as needed. Reassess medications and therapy needed on a regular basis.
- Meet the staff members at your Parent's new home. Learn their names, their roles at the facility and the nature of the care / service they provide.
- Check your Parent's entire body for bedsores on a regular basis. You should do this - don't put blind trust in facility staff. They normally do a great job, but like anyone else, they sometimes overlook things. Watch staff when they change bandages. Look at severity of wounds. Ask questions.
- Visit your Parent on different days of the week and different times of the day.
- Determine time / date when your Parent's matter will be discussed at the Care Plan Meeting
- Attend Care Plan Meeting at the Nursing Home and give input. Ask questions.
- Read the Patient's Bill of Rights posted at the Nursing Home.
- Ensure that advance directives and DNR are in place
- Learn about Hospice Services. Hospice providers can provide services even in a nursing home.
- Pre-arrange funeral and write obituary.