

Caregiver Task List (Printable Checklist)

Daily Care Tasks:

- Assist with bathing, grooming, and dressing
- Support with meals and feeding
- Remind about medications (non-medical)
- Encourage mobility and light exercise
- Provide companionship and emotional support

Medical Support Tasks:

- Monitor vital signs if trained
- Assist with wound care (licensed caregivers)
- Administer prescribed medications (licensed caregivers)
- Support physical or occupational therapy exercises
- Communicate changes in health to family or professionals

Household Management:

- Prepare meals and manage dietary needs
- Light housekeeping and laundry
- Run errands (groceries, prescriptions)
- Organize schedules and appointments
- Ensure a safe, clean living environment

Specialized Care (Elderly, Dementia, Special Needs):

- Create a structured daily routine
- Use memory aids or prompts
- Ensure home safety (lock doors, prevent wandering)
- Coordinate therapy or educational activities
- Offer patience, reassurance, and redirection