

Wellness-Centered Support

A Caregiver Checklist



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- ☐ Do they offer movement activities for different ability levels?
- ☐ Are there daily social touchpoints (opportunities to build relationships)?
- ☐ Is transportation available (or coordination help)?
- ☐ Is someone available to help keep track of appointments?
- ☐ Are meals flexible and nutrient-focused?
- ☐ Do they have security measures in place (door locks, window locks, badges)?
- ☐ How do they personalize care plans?
- ☐ How do they involve families?
- ☐ Do they utilize relaxation techniques like meditation, journaling, or breathing?
- ☐ Are there support groups where they can share experiences?
- ☐ Is there dedicated time for hobbies or activities that each participant enjoys?
- ☐ Are games, books, puzzles, and other hands-on activities readily available?
- ☐ Are employees or volunteers visually engaged with the seniors?
- ☐ What are the regular sleeping hours? Daytime rest hours?
- ☐ Is the facility clean and free of safety hazards?
- ☐ Does someone do routine checks for vital signs?
- ☐ Are there plenty of water coolers and cups for hydration?
- ☐ Is technology available for use by the elderly? Are there instructors?
- ☐ Do the older adults seem happy and alert?
- ☐ Do the employees or volunteers acknowledge visitors in a friendly manner?