

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?