

The Calm Caregiver Quick-Start Checklist

A gentle, printable pause for the next 24 hours

Use this checklist to choose one manageable next step—not to do everything at once. Mark what feels useful today and leave the rest for another time.

Start with the next small step

- & Name the one thing that needs attention first: _____
- & Choose a next action that can be done in 10 minutes or less.
- & Write down one question to save for the next health care conversation: _____

Today's care plan

- & Note today's essential routine: meals, appointments, medication reminders, rest, or connection.
 - & Keep a simple note of any change you want to describe clearly later: what happened, when, and what was different.
 - & Put one important phone number or contact where it is easy to find.
- These are prompts to review, not a comprehensive safety assessment. Notice one room or routine that may deserve a closer look as needs change.

Home environment prompts

- & Is lighting, walking space, and access to frequently used items easy to review today?
- & Are there items, appliances, or products you may want to discuss, organize, or secure with the care team or support network?
- & Are emergency contacts and the home address easy to locate near a phone?

Share the load

- & Make one specific ask: “Could you bring dinner?”, “Could you sit with them Tuesday?”, or “Could you make this call?”
- & Write one task another person could take this week: _____
- & Save a contact for a family member, friend, support group, community service, or professional resource.

One reset for you

- & Take a brief pause for water, food, fresh air, a stretch, quiet, or a check-in with someone you trust.
- & Notice one support you need---not someday, but this week: on the person's health care team promptly. In an

When to reach out

As you read this booklet:

This guide offers educational information and planning prompts only. It is not medical advice, diagnosis, treatment, prevention, or a substitute for individualized guidance from qualified professionals. It does not provide a comprehensive home-safety assessment or emergency plan.

Sources and further reading

- National Institute on Aging (NIH), Alzheimer's Caregiving: Home Safety Tips — nia.nih.gov/health/safety/alzheimers-caregiving-home-safety-tips
- National Institute on Aging (NIH), Alzheimer's Caregiving: Caring for Yourself — nia.nih.gov/health/alzheimers-caregiving/alzheimers-caregiving-caring-yourself
- National Institute on Aging (NIH), Caregiver Worksheets — nia.nih.gov/health/caregiving/caregiver-worksheets
- Centers for Disease Control and Prevention, Caregivers of a Person with Alzheimer's Disease or a Related Dementia — cdc.gov/caregiving/about/index.html

