

Caregiver quick-start checklist

The first things to do when you become a caregiver. Check them off as you go.

This week

- ☐ Write down every medication, dose, and pharmacy.
- ☐ List all doctors and their phone numbers.
- ☐ Find insurance cards: Medicare, supplement or Advantage plan, Medicaid, VA.
- ☐ Ask the doctor's office for a HIPAA authorization form so you can talk with them.
- ☐ Fill in an emergency information sheet and post it on the refrigerator.
- ☐ Make the home safer: clear walkways, add night-lights, remove loose rugs.

This month

- ☐ Talk with your loved one about their wishes, and listen first.
- ☐ Hold a family meeting to share tasks and costs.
- ☐ Make sure a durable power of attorney and health care proxy are in place.
- ☐ Call your Area Agency on Aging: 1-800-677-1116.
- ☐ Check benefits: Medicaid, VA (for veterans and surviving spouses), and long-term care insurance.
- ☐ Plan respite: who gives you a break, and when?

Who to call

Keep these numbers handy.

Emergency	911
Suicide & Crisis Lifeline	Call or text 988
Eldercare Locator (find your Area Agency on Aging)	1-800-677-1116 · eldercare.acl.gov
Medicare	1-800-MEDICARE (1-800-633-4227)
VA benefits	1-800-827-1000
VA Caregiver Support Line	1-855-260-3274
Doctor	
Pharmacy	
Family contact	
Home care agency	

Want everything in one place? **The CareLink Caregiver Organizer** has printable pages for medications, doctors, insurance and benefits, schedules, logs, and documents. carelinkusa.com/caregiver-organizer