Alzheimer's of Central Alabama
Helping Local Families since 1991

Dementia Caregiving Checklist

Planning Today for Greater Peace of Mind Tomorrow

Planning ahead can ease stress and help your family prepare for the future. Use this checklist to organize important legal, medical, caregiving, and personal matters. Review it at your own pace and return to it as your loved one's needs evolve.

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1. Legal & Financial Planning

- [ ] Durable Power of Attorney (for finances)
- [ ] Healthcare Power of Attorney (Healthcare Proxy)
- [ ] Living Will / Advance Directive (treatment preferences)
- [ ] Last Will & Testament or Trust
- [ ] HIPAA release forms (so doctors can speak with you/others)
- [ ] Review bank accounts, insurance policies, retirement funds
- [ ] Simplify finances (auto-pay bills, consolidate accounts if needed)
- [ ] Meet with an elder law attorney for Medicaid/long-term care planning

Notes:

2. Medical & Care Coordination

- [ ] Establish a primary care doctor who coordinates dementia care
- [ ] Keep a binder or digital file with meds, history, contacts
- [ ] Document daily routines, preferences, calming techniques
- [ ] Identify future care options (in-home, adult day, memory care)
- [ ] Prepare a plan in case you, the caregiver, are suddenly unavailable

Notes:

3. Backup & Support Plans

- [ ] Identify backup caregivers (family, friend, professional)
- [ ] Share location of important documents
- [ ] Create and securely store a list of passwords, account logins, and household info
- [ ] Connect with local Alzheimer's/dementia support groups
- [ ] Build a support network (friends, church, community)

Notes:

4. Emotional & Spiritual Well-Being

- [ ] Schedule regular respite breaks
- [ ] Join a caregiver support group
- [ ] Consider counseling or pastoral support
- [ ] Practice daily grounding (prayer, journaling, walks)
- [ ] Give yourself permission to grieve

Notes:

5. Caregiver self-reflection

- [ ] Is this decision rooted in love and respect?
- [ ] Am I allowing myself to rest so I can keep going?
- [ ] Who can I ask for help right now?
- [ ] What matters most today, not just long-term?

Notes:

This checklist is intended for educational purposes only. Consult healthcare, legal, or financial professionals for individual guidance.

Learn more:
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