

Quick Tips for Senior Care; Checklist to Aid Family Caregivers

The following checklist can be used by caregivers of a senior citizen. When taking care of a senior, the caregiver must be aware of available services.

- 1) Notice signs a senior needs help. Obvious signs include past due notices and hot stoves left unattended.
- 2) Use automatic bank drafts to pay as many bills as possible.
- 3) Make sure the senior has a Power of Attorney to handle important matters when necessary.
- 4) Remind the senior to protect his or her Social Security number to guard against identity theft.
- 5) Order a credit card check annually to see if any unauthorized person is using the senior's credit cards.
- 6) Shred important documents and unused credit card offers.
- 7) Accompany the senior to doctors' appointments and take notes on treatments and medications.
- 8) Maintain a current list of all health care professionals treating the senior and all the medications the senior uses.
- 9) Contact the senior's telephone service provider to ask about special services for seniors.
- 10) Help the senior use local agencies that provide special services that enhance the quality of life.

For more tips on how to care for seniors visit www.seniorwellness.com