Daily Help for Seniors

Family caregiver checklist

A kind way to talk with a parent about daily reminders, without taking over. Work through it together at the kitchen table. Print it, or save the PDF.

1. Before you talk

- [ ] Pick a calm, unhurried moment. Not in the middle of a worry, and not at the end of a long day.
- [ ] Start with how *you* feel, not what they should do. For example: “I would sleep better if…”
- [ ] Decide what you can let go of. Their routine is theirs.
- [ ] Be ready to hear no. A no today can become a maybe next month.

2. Questions to ask, and then listen

- [ ] What does a good morning look like for you?
- [ ] Which pills do you take, and when? Who fills the pillbox? (Ask to see the list. You do not need to know the names tonight.)
- [ ] How would you feel about a friendly text as a nudge? Would you rather get a call?
- [ ] What would feel like nagging? What would feel like help?
- [ ] If you do not answer, who should hear about it? A child, a neighbor, a friend?
- [ ] Are there times you never want a message? Naps, church, visits, evenings?
- [ ] Do you want to be the one to move a time? (They can reply with “move the walk to 10.”)

3. Write down their day, together

Only put on this list what your parent agrees to. Use their words.

Reminder	Time	Text or call	Who hears if no reply
Morning pills			
A short walk or stretch			
A glass of water			
Lunch			
Afternoon pills			
Dinner			
Evening pills and good night			
Appointments			

4. Their yes comes first

- [ ] They agree in their own words, out loud or by text. Your yes does not count for them.
- [ ] They know they can text STOP at any time, and that you will be told.
- [ ] They know who is on the other end, with a name and a number.
- [ ] If they cannot meaningfully agree, a reminder text is not the right tool. Talk with their doctor, and look at in-home care.

5. Keep these handy

Write them on a sheet and keep it on the fridge. Ask their pharmacist or doctor to help keep the medicine list current.

Doctor and phone	
Pharmacy and phone	
Family contact 1	
Family contact 2	
Neighbor or friend nearby	
Allergies	
Medicine list last updated	

Questions about a medicine, a dose, or a symptom go to their pharmacist or doctor. Daily Help for Seniors does not give dosing advice.

6. A gentle first week

- [ ] **Day 1.** Agree on just two reminders. Morning pills and a short walk is a good start.
- [ ] **Days 2 to 3.** Notice how it feels. Ask: “Is this help, or is it nagging?”
- [ ] **Days 4 to 5.** Move any time that does not fit. Drop anything that is not useful.
- [ ] **Day 7.** Decide together: keep it, change it, or pause. A no is a fine answer.

7. When a reminder is not enough

A text cannot do everything. Talk with their doctor, and think about help in the home, if you notice any of these:

- [ ] Missed pills or meals even with reminders
- [ ] Falls, near-falls, or new confusion
- [ ] They are not safe at home alone, or cannot agree to a reminder

If someone is in danger, call 911. Do not wait for a text or a reply.
