Daily Care Checklist for Elderly Parents

Caring for a loved one is unpredictable and often overwhelming. This simple daily checklist helps families stay organized, reduce stress, and ensure nothing important is missed — even on busy days. Many families use this as part of their daily routine and share it with siblings or care managers to keep everyone aligned.

Daily Care Checklist

Morning

- ☐ Confirm your loved one is awake and oriented
- ☐ Check for overnight issues or discomfort
- ☐ Review morning medications
- ☐ Ensure hydration (first drink of the day)
- ☐ Assist with bathroom needs
- ☐ Support morning hygiene (wash face, brush teeth, change clothes)
- ☐ Review today's schedule or appointments

Midday

- ☐ Prepare or assist with lunch
- ☐ Check hydration again
- ☐ Review midday medications
- ☐ Encourage light movement or stretching
- ☐ Check home safety (clutter, spills, lighting)
- ☐ Provide an emotional check-in ("How are you feeling today?")

Afternoon

- ☐ Support rest or quiet time
- ☐ Review any updates from other caregivers
- ☐ Check mobility and comfort
- ☐ Encourage a simple activity (walk, puzzle, music, TV)

Evening

- ☐ Prepare or assist with dinner
- ☐ Review evening medications
- ☐ Check hydration
- ☐ Support evening hygiene (wash, change clothes, bathroom)
- ☐ Prepare the home for nighttime safety (lights, pathways, temperature)

Night

- ☐ Review nighttime medications
- ☐ Ensure comfort and safety in bed
- ☐ Check mobility aids (walker, bedside light, call device)
- ☐ Review tomorrow's schedule
- ☐ Document any important updates for care partners

Staying organized reduces stress for both caregivers and families. Many families use Simpli**Tend** to keep daily notes, track care updates, and stay connected — even from a distance.

Share with Siblings "Send this checklist to your family so everyone stays aligned."

Share with Care Manager "Share this with your care manager or agency to improve communication."