

# CAREGIVER CHECKLIST

Cigna Healthier Together®

The caregiving journey can be a little easier when you know what to expect. Use this checklist to help you create a caregiving plan so you can be more prepared for the road ahead.

## BEGIN WITH A CONVERSATION.

Ask what matters most to the person you're helping. For example:

- Living independently as long as possible
- Staying active with hobbies and friends
- Being financially secure
- Other \_\_\_\_\_

## IDENTIFY AND PRIORITIZE NEEDS.

- Living situation
- Financial matters
- Health management
- Personal care

## FIND IMPORTANT DOCUMENTS.

- Social Security card
- Birth certificate
- Driver's license
- Passport
- Marriage certificate/Divorce papers
- Bank records
- Insurance policies
- Military records
- Power of attorney
- Advance directives
- Living will/Do-not-resuscitate (DNR) order
- Funeral planning records
- Spouse's death certificate

## CREATE A HEALTH INFORMATION LIST.

- Provider names and phone numbers
- Pharmacy information
- Medication list and instructions

## IDENTIFY HELPFUL RESOURCES.

- Home care support services
- Home safety, medical equipment and modifications
- Alternate living solutions: independent living, assisted living, nursing facility
- Respite care
- Legal and financial advice
- Health care options
- Transportation
- In-home meal services
- Community activity programs

## UNDERSTAND END-OF-LIFE WISHES.

- Hospice and palliative care planning
- Procedural orders and organ donation

Learn more and find additional topics in our Healthier Together series.

Visit [CignaHealthierTogether.com](https://www.CignaHealthierTogether.com).

