## **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.	CREATE A HEALTH INFORMATION LIST.
Ask what matters most to the person	☐ Provider names and phone numbers
you're helping. For example:	☐ Pharmacy information
Living independently as long as possible	☐ Medication list and instructions
☐ Staying active with hobbies and friends	
☐ Being financially secure	IDENTIFY HELPFUL RESOURCES.
☐ Other	☐ Home care support services
IDENTIFY AND PRIORITIZE NEEDS.	<ul> <li>Home safety, medical equipment and modifications</li> </ul>
☐ Living situation	☐ Alternate living solutions: independent
☐ Financial matters	living, assisted living, nursing facility
☐ Health management	☐ Respite care
☐ Personal care	☐ Legal and financial advice
	☐ Health care options
FIND IMPORTANT DOCUMENTS.	☐ Transportation
Social Security card	☐ In-home meal services
☐ Birth certificate	☐ Community activity programs
☐ Driver's license	
☐ Passport	UNDERSTAND END-OF-LIFE WISHES.
☐ Marriage certificate/Divorce papers	☐ Hospice and palliative care planning
☐ Bank records	☐ Procedural orders and organ donation
☐ Insurance policies	
☐ Military records	Learn more and find additional topics
☐ Power of attorney	in our Healthier Together series.
☐ Advance directives	Visit CignaHealthierTogether.com.
☐ Living will/Do-not-resuscitate (DNR) order	
☐ Funeral planning records	
☐ Spouse's death certificate	<b>W</b> Ciana.



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