

COVID-19 Checklist for Caregivers of Seniors

Several months ago, COVID-19 illnesses and deaths prompted many concerns and government action. It is important to protect our most-vulnerable loved ones as the threat and uncertainty continues. Though we are not sure who will be impacted, and to what extent, preparation is key.

If you are a caregiver you can help protect your parents and other seniors during this uncertain time by taking the steps listed below to prepare for possible COVID-19-related illness. Preparing in advance of an emergency will give you and the senior you care for peace of mind when the unexpected arises.



Create a file that may be easily referenced or provided to medical professionals and/or caregivers that contains:

- A written or electronic list of current medications, illnesses and conditions, and treating physicians. (For a digital organizer to keep track of medications and more, download our elder organizer at mielderlawblog.com)
- The contact information of family members or friends who may help care for the senior should you become unavailable due to hospitalization or need to quarantine. Notify these named individuals that they may be contacted
- The following estate planning documents:
 - Will
 - Revocable living trust
 - General durable power of attorney – for financial decisions
 - Patient advocate designation – for medical decisions
 - HIPAA release form
 - Funeral representative designation and funeral instructions
 - Estate planning attorney's business card

Ensure that the following items are stocked in the older adult's home:

- Items to help prevent, diagnose and treat COVID-19:
 - Pulse oximeter
 - Thermometer
 - Hand soap and sanitizer
 - Face masks
 - Fever-reducing medication
 - Supplements, as suggested by physician
- Separate space in house, if there is more than one individual in a home, for an infected individual containing:
 - A bed, air mattress, or other soft sleeping space
 - Bedding
 - Hand soap and sanitizer
 - Access to bathroom
 - Entertainment (books, television, games)
 - Communications (telephone, computer)

This checklist and other additional resources can be found on Foster Swift's Elder Law Blog at mielderlawblog.com.