Alzheimer's Care Card #9
Alzheimer's Caregiver Checklist

Evaluation/Assessment
__ Medical Evaluation
__ Neurological Evaluation
__ Psychological Assessment
__ Current Medications
A journal or log is helpful to track observations and to communicate concerns with the doctor.

Educate Yourself
__ Alzheimer's Disease
__ Educational Opportunities
__ Websites
__ Local Community Support

Hold a family conference
__ Best way to communicate:
  Email, Text, Social Media, an App
__ Identify roles for each family member

Alzheimer's Arkansas
Caring for Caregivers since 1984

Alzheimer's Arkansas Programs and Services is an independent non-profit 501(c)(3) organization governed by a local volunteer Board of Directors.

Our services include:
24 hour telephone support
Family and professional education
Support groups for patients and caregivers
Financial assistance
Community awareness presentations
Lending Library
Assess your Support System
__ Support Groups
__ Family Support
__ Friend Support
__ Community Support

Home Safety
__ Safety Devices (Door/Window Alarms, ID Bracelets)
__ Remove Car Keys
__ Lock up dangerous items
__ Remove trip hazards
__ Remove distracting paintings or mirrors

Legal & Financial
__ Durable Power of Attorney or guardian
__ Living will
__ Long-term Care Insurance Policies
__ Income Sources (social security, pensions)
__ Accounts (checking, savings, investments)
__ Safe deposit boxes
__ Eligibility for Medicare and Medicaid

Relief for Caregivers
__ Use Respite Care Grants
__ Sleep 6-8 hours, nightly
__ Exercise regularly
__ Eat well-balanced meals
__ Be emotional
__ Be kind to yourself
__ Find moments of Joy