Before the first caregiver visit

Twenty minutes of preparation that decides whether the first visit goes well.

Use it when: You have booked a caregiver and they arrive this week.

Write down, somewhere visible

- [ ] What your parent likes to be called
- [ ] The daily routine, including what time they actually get up
- [ ] What they eat, and what they will not eat
- [ ] Allergies
- [ ] Who to phone, in what order
  Emergency services first: 995 for an ambulance, 999 for police.

Show the caregiver

- [ ] Where the bathroom, kettle and towels are
- [ ] How the door locks work
- [ ] Where medication is kept, and whether they may hand it over
- [ ] Anything in the house that is fragile or precious

Agree out loud

- [ ] What the caregiver will do, and what they will not
- [ ] What happens if your parent refuses care that day
- [ ] How you want to be told about anything that changes
- [ ] Who to call if the caregiver cannot get in

For your parent

- [ ] Be there for the first visit if you can
  Being introduced by family lands very differently from a stranger at the door.
- [ ] Say how long the person is staying
- [ ] Give them something to do together, not just to receive

In an emergency, call 995 for an ambulance, 999 for police.

Free to print and share. Nothing on this checklist was sent to SeniorCareZ or anyone else.