

Caregiver & Family Checklist

Free printable educational worksheet — updated October 2026

- Write down the person's emergency contacts and preferred providers.
- Keep an up-to-date medication list and allergy list.
- Identify who is authorized to speak to medical providers and insurers.
- Ask about home-care assessments, respite support, and local aging/disability resources.
- Review emergency plans and the person's preferences and independence.

For official eligibility rules and applications, consult [Medicare.gov](https://www.medicare.gov) and your state agency. This guide is informational, not legal, medical, or benefits eligibility advice.