

Starter Checklist for Informal Caregivers

Essential items to care for your loved one—and protect yourself.



Personal Protective Items

- ☐ Disposable gloves (non-latex if needed)
- ☐ Face masks (surgical or reusable)
- ☐ Hand sanitizer (alcohol-based)
- ☐ Disinfectant wipes or spray
- ☐ Apron or washable cover-up for messy tasks



Medication & Health Management

- ☐ Pill organizer (weekly or daily)
- ☐ Medication tracker sheet or app
- ☐ Thermometer
- ☐ Blood pressure monitor (if needed)
- ☐ Blood sugar monitor (if diabetic)
- ☐ First aid kit (bandages, antiseptic, etc.)



Daily Care Supplies

- ☐ Incontinence products (pads, briefs, bed protectors)
- ☐ Wet wipes (fragrance-free, gentle)
- ☐ No-rinse bathing wipes or body wash
- ☐ Barrier cream or skin protectant
- ☐ Bedpan, urinal, or commode (if mobility is limited)
- ☐ Extra linens and waterproof mattress cover



Caregiver Tools

- ☐ Notebook or binder for health info and notes
- ☐ Printed medication list
- ☐ Doctor visit prep sheet
- ☐ Weekly care log (mood, food, symptoms)
- ☐ Emergency contact list posted clearly