

Care Now Private Duty Care

Family Health Safety Checklist

Daily, weekly, and home-safety reminders for families and caregivers

This checklist is for educational and organizational purposes only. It does not replace medical advice, diagnosis, treatment, or emergency care. Call 911 for life-threatening symptoms.

Daily Checks

- Blood pressure taken, if needed
- Blood sugar checked, if needed
- Medications taken correctly
- Ate regular meals
- Drank enough fluids
- Normal mood and behavior
- No new pain or swelling
- No dizziness or unsteadiness
- No breathing changes
- Skin looks normal for the person

Weekly Checks

- Weight changes noticed
- New or worsening swelling
- Skin checked: heels, hips, tailbone, feet
- Sleep quality reviewed
- Activity level reviewed
- Any falls or near-falls
- Appetite or fluid intake changes
- Medication side effects noticed

Red Flags to Watch For

- Sudden confusion or hard to wake
- Chest pain or chest pressure
- Trouble breathing or blue lips
- Stroke signs: face droop, arm weakness, speech trouble
- Severe headache or worst headache ever
- One-leg swelling with pain, redness, or warmth
- Fever, chills, or new weakness
- Wounds not healing or signs of infection
- Fainting, seizure, or serious fall
- Blood pressure over 180/120 with symptoms

Home Safety Checks

- Clear walkways and remove clutter
- Good lighting in halls and bathrooms
- Non-slip bathroom surfaces
- Grab bars or support rails, if needed
- Shoes or slippers fit safely
- Emergency numbers posted
- Medication area organized
- Frequently used items within reach

Family Notes

Date:	
Main concern:	
Who was notified:	
Doctor contacted:	
Next step:	

Care Now Reminder: Care Now Private Duty Care provides non-medical support. Caregivers do not diagnose or treat medical conditions, but can help observe changes, document concerns, provide reminders, and support communication with family members and healthcare providers.