



CAREGIVER CHECKLIST

5 Things Every Adult Child Should Set Up

For Aging Parents Living Alone

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1. Fall Alerts

Wearable devices or home sensors can detect falls and get help quickly—even when they can't call.

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2. Medication Reminders

Automated reminders or pill dispensers help prevent missed or double doses and support consistent routines.

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3. Emergency Contacts

Keep a list of trusted contacts and physicians in easy-to-find places and saved in their phone.

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4. Night Lighting

Soft night lights in key areas help prevent falls and reduce confusion during nighttime trips.

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5. Easy-to-Use Clocks

Large, clear clocks with the date and day help reduce confusion and support independence.



Small things can prevent big emergencies.



You don't have to do everything today.

Start with one.

