AGE AT HOME
HELPING FAMILIES CARE AT HOME
MORE CONFIDENCE • MORE DIGNITY • A BRIGHTER TOMORROW

A LITTLE PREPARATION.
A LITTLE MORE CONFIDENCE.

Your family home-care checklist

A practical starting point for caring for Mom or Dad at home.



Take it one step at a time.

Tick what is ready. Note what still needs attention. Work through this together, keeping your parent's wishes and individual care plan at the centre.

01 Before coming home

- [ ] Ask what has changed in your parent's daily abilities.
- [ ] Get the current medication list and hospital discharge instructions.
- [ ] Confirm follow-up appointments and who to contact with questions.
- [ ] Ask for a demonstration of any care task you will need to help with.

02 Bedroom & night-time routine

- [ ] Clear the route between the bed and the bathroom.
- [ ] Place glasses, a working phone and a lamp within reach.
- [ ] Check the bed-protection needs and keep clean bedding ready.
- [ ] Agree who will help at night if help is needed.

03 Bathroom & movement

- [ ] Check lighting, slippery surfaces and clutter.
- [ ] Measure the toilet and shower before comparing equipment.
- [ ] Follow professional advice on walking aids and safe transfers.
- [ ] Keep toiletries and a towel easy to reach.

04 Everyday care

- [ ] Plan suitable meals and drinks around the individual care instructions.
- [ ] Organise personal-care supplies and a laundry/waste routine.
- [ ] Keep medication information and emergency contacts together.
- [ ] Ask your parent what they would like to keep doing for themselves.

05 The people doing the caring

- [ ] Agree who helps with meals, shopping and appointments.
- [ ] Arrange breaks and backup support for the main caregiver.
- [ ] Write down questions and changes to discuss with the care team.
- [ ] Keep your parent involved in decisions about their care.

Our next three priorities

1. _____
2. _____
3. _____

Helpful guidance. Useful supplies. One place to start.

Check what you already have, then explore a care package for the routine you are preparing for.



Coming home

View contents & options



Continence & comfort

View contents & options



Caregiver essentials

View contents & options

Read Carlyn's starting guide

Explore care packages

Questions? WhatsApp Carlyn on 076 310 6303

This checklist supports preparation; it is not a medical assessment. Follow your parent's individual care instructions. For urgent medical concerns, contact emergency services or the care team.