



Caregiving is one of the most important duties a person will ever have. It is both rewarding and challenging at the same time. It is the hope of SDSU Extension that family and loved ones will be able to spend as much quality time as possible with their loved one as they near the end of their life. To help achieve this goal, SDSU Extension created this check list to help guide South Dakota residents in the preparation to be a care recipient or a caregiver. It is important to note that each caregiving circumstance is slightly different. This document serves as only a guide and should not be used as a substitute for legal or medical advice. If you have additional question, please refer to iGrow.org or contact one of our Gerontology Field Specialist.

| ASSESS THE SITUATION | YES | NO | ORGANIZE (con't) | YES | NO |
|---|-----|----|--|-----|----|
| Professional evaluation of care recipient | | | Advanced care directive (living will, durable power of attorney for health care, DNR, etc.) | | |
| Determine current abilities of care recipient | | | Durable power of attorney | | |
| Evaluate home environment | | | Important paperwork (will, deeds, birth and death certificates, certificates of marriage, divorce, citizenship, etc.) | | |
| Monitor progression of medical conditions | | | Full legal name, social security number, date and place of birth, and Medicare number | | |
| Schedule reassessment | | | Mortgages and debts—how and when paid | | |
| COORDINATE CARE TEAM | YES | NO | Stored in a secure location | | |
| Recruit members | | | Location of safety deposit box and key | | |
| Clearly define duties | | | PLAN AHEAD | YES | NO |
| Schedule regular meetings | | | Advanced care directive (durable power of attorney for health care, living will, medical release of information, etc.) | | |
| RESEARCH | YES | NO | Consult elder law attorney | | |
| Diagnosis and prognosis | | | Comments: | | |
| Available resources | | | | | |
| Phonebook from care recipient's place of residence | | | | | |
| ORGANIZE | YES | NO | | | |
| Contact information of care team and family | | | | | |
| List of medications | | | | | |
| Health, vision, and dental care provider contact information | | | | | |
| Insurance information (policy number, provider name and contact number) | | | | | |
| Income and assets: bank, retirement, and/or investment accounts | | | | | |

Caregiving is "A CROP" to be nurtured with love and respect!