



## Senior Care Resource Checklist

### Step 1: Gather Your Loved One's Information

- Full name, date of birth, address
- Medical history and current diagnoses
- List of current medications/dosages
- Health insurance details (Medicare, Medicaid, private insurance)
- Emergency contacts and primary doctor info

### Step 2: Identify Local Resources

- Contact your county Aging & Disability Resource Center (ADRC) or Area Agency on Aging. Every county in every state has one. Names may be different.
- Use the Eldercare Locator (<https://eldercare.acl.gov/>) to find local agencies
- Reach out to your local senior center for programs and activities
- Call 2-1-1 or visit <https://www.211.org/> for community resources

### Step 3: Explore National & Online Resources

- Visit AARP Caregiving (<https://www.aarp.org/caregiving/>)
- Explore Family Caregiver Alliance (<https://www.caregiver.org/>)
- Learn about benefits at National Council on Aging (<https://www.ncoa.org/>)
- Check Alzheimer's Association for memory care support (<https://www.alz.org/>)
- Look into Meals on Wheels (<https://www.mealsonwheelsamerica.org/>)

### Step 4: Talk to Healthcare Providers

- Ask your loved one's doctor about home health, rehab, or palliative care options
- Request referrals to social workers or care managers
- Get recommendations for local agencies and support services

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## Step 5: Organize & Track Your Progress

- Keep a folder (physical or digital) for all documents and contacts
- Write down names, phone numbers, and notes for each resource contacted
- Schedule follow-up calls or appointments as needed

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## Step 6: Get Extra Help

- Download free checklists and guides from Your Nurse Advocate Consulting (<https://yournurseadvocateconsulting.com/free-resources/>)
- [Book a free consultation with a nurse advocate if you're feeling stuck](#)
- Join a caregiver support group (online or local)

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Remember:

You don't have to do this alone. Start with your local agency, use national resources, and reach out for personalized support whenever you need it.

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