

Considerations for Home Care Checklist

Forward:

The purpose of this document is to present a list of items to consider when you are planning or preparing for the home care of a seriously ill or infirm person (the patient: parent, child, spouse, or significant other).

This list is a work in progress, based upon some personal experiences, purchases, and comments from other care givers. Items are only presented here for your consideration; your needs may differ from what is covered.

The list is in five sections for clarity. Many of the items in the sections are often associated with items in the other sections. Items in each listing are not in prioritized order.

The sections are:

- Paperwork about the Care-Receiver (the ‘patient’),
- Durable Medical Equipment (DME),
- Soft Goods and Other Expendable Items,
- Possible Home Modifications, and
- Other Considerations

Paperwork:

Hospital or Facility Discharge papers/package/forms for the patient,
Health Care Proxy, completed and signed by/for the patient,
Durable Power of Attorney, completed and signed by the patient,
“DNR/DNI/No Feeding Tube” form (Medical Order for Life Saving Techniques,
“MOLST” in New York State) completed, signed and witnessed,
“Disposition of Remains” form for New York State, signed,
Last Will and Testament signed, dated, and witnessed,
Names and Telephone Listing of Family Members to be contacted
An up-to-date list of the patient’s medications, with generic drug names, dosages
and instructions for administering
List of Primary Care Physician’s and Specialists’ names, addresses and phone
numbers,
List of Emergency Services’ phone numbers (Agencies, Ambulance, Fire,
Hospitals),
Care Plan(s) for any agencies providing home assistance and/or medical care,
Emergency Evacuation Plan for the dwelling,
List of medical equipment providers and phone numbers for quick service
reference.

Durable Medical Equipment (DME):

Hospital-type bed with:

At least electric drives for head and legs, and

Foam hospital bed mattress (Twin XL length)

Patient Lift (“Hoyer”)

2 to 4 plastic carpet protectors (48” x 60”),((office supply store),

Bedside or Portable Commode Chair (with adjustable-height legs),

Elevated toilet seat with arm rests,

Recliner chair -or- Recliner/Stand-Assist chair,

Gait Belt (for care-giver assistance of user with walking, etc.),

Cane,

Walker (folding, with lockable front wheels and ‘skis’ on back legs),

Transport chair (preferably with lockable hand brakes on rear handles) -or-

Wheelchair with anti-tip rear rollers,

“Rollator” walker (with lockable hand brakes),

Foam/gel seat cushion for use with the transport chair, wheelchair or “Rollator”,

Folding portable aluminum ramp (minimum of 6-foot length) to use over up to two steps. (15-inch height),

Electric chair lift to traverse stairs between living levels,

Oxygen concentrator with hoses and nasal canula or mask plus spares,

Use and Assembly/Maintenance Instructions for each and every piece of DME above,

List of equipment providers with phone numbers for service.

“Soft Goods”:

2 sets Twin XL sheet sets for the hospital bed (fitted, flat, standard pillowcase),
((same size as college dorm bed linens)),
4 bed pads ('pink pads' "chux"), ((34 inches x 36 inches)),
Disposable bed pads (chux),
2 standard pillows,
2 hypo-allergenic pillow covers,
4 boxes of vinyl Exam Gloves (medium or large),
Adjustable Female/Male/Unisex undergarments (briefs or diapers), sized to fit
patient -or-
Pull-Up underwear (female/male) sized appropriately,
4 packages of pre-moistened wipes (feminine wipes or baby wipes, unscented and
no-alcohol),
1 package of disposable chair- or bed-protector pads,
4 adult bibs with Velcro closures ('clothing protectors'),
2 pairs of non-skid 'bedroom' socks ("spa socks"),
1 Thermometer ('Temporal" or forehead-style with digital readout),
3 or 4 sets of washcloths and hand towels,
Two wash basins,
Hypo-allergenic liquid soap
No-Rinse liquid shampoo and body wash,
Medicated ointment/cream,
Diaper rash cream,
Toothbrush and toothpaste,
1 bottle of mouth wash,
'Spit' basin or trough,
1 box of Sterile gauze pads (2"x2"),
Weighted-bottom cups and glassware for drinking,

1 box of 'bendable' drinking straws,

1 box of individually packed alcohol wipes

Possible Home Modifications:

Additional handrails as needed to provide railings on both side of interior stairs between living levels;

External access ramp for ease of entry- and exit- of the dwelling;

Possible conversion of a first-floor room to become the patient's bedroom;

An Emergency Evacuation Plan for the dwelling;

A monitored security system for the dwelling;

A telephone with Caller-ID available in the Care-Receiver's bedroom

A visible and obvious 'bulletin board' for posting the Emergency Evacuation Plan, the lists of family, medical and other contacts' names and numbers and other appropriate information;

Magnetic clips to post lists on a refrigerator side or other metal surface;

Handheld shower attachments for each bathtub or shower;

Transfer bath chair for seated entry/exit and use of shower and/or tub;

Grab Bars installed in each powder room and bathroom, including in the bathtub and/or shower enclosure walls;

"Comfort-Height" toilets (commodes) to minimize 'stooping' to use the commode;

"Lever-style" door knobs on any doors which the patient, care-giver or emergency personnel might use

Grab Bars or fixed handles on the outside (or inside) frames or walls of doorways which the patient might use;

Sheets/rolls of 24-inch wide thin-foam packaging/wrap to use to create visual barrier on windows in the patient's room;

Other Considerations to have Home Health Care:

A spiral-bound or composition notebook for keeping daily notes of the patient's situation;

A 3-ring hardcover notebook to hold all the DME instructions and manuals;

A pad of graph paper for recording patient data (vitals, daily calorie intake, liquid intake, liquid and solid output quantities, etc.);

At least 2 forms for listing each of the patient's medications (both required- and as-needed drugs), including dosage, frequency, and other instructions for each drug;

Folders to collect but keep separate patient forms, discharge notes, doctors' and nurses' notes and home health aides' etc. notes;

A supply of over-the-counter medications for general health care usage, including:

- Petroleum jelly,

- A+D ointment,

- Bacitracin- or Triple-antibiotic cream,

- Anti-itch cream,

- Adhesive bandages,

- Medical adhesive tape,

- Pair of scissors.

Last update: 31 October 2023