

WHAT TO BRING/DO

- Cell phone, charger
- Wallet, credit cards, cash
- List of patient's medications: name/strength/frequency
- Sweater or sweatshirt
- Blankets (for yourself and a favorite for the patient!)
- Snacks and Water Bottle
- One or two pillows
- Journal and calendar
- Extra shoes
- Medications and pain relievers for yourself
- Outerwear for daily commutes including umbrella
- Bathroom supplies (listing items separately is recommended!)
- Rag/small towel/wet wipes
- Change of clothes, undergarments for both of you
- Robe, slippers, pajama bottoms for the patient
- A small mirror for the patient's use
- Books/magazines
- Music on phone with earbuds for you and the patient
- Nightlight/flashlight
- Change for vending machine and laundry
- List of contacts (unless you know they are in your phone)
- Home lights on, or on a timer
- Extra key for neighbor
- List of tasks for neighbor to handle while you are gone
- List of bills to pay
- Gas tank full
- Doctors names and numbers
- Quick activated (instant) heat or cold packs
- Box of paperwork or magazines to sort as time allows
- *The Caregiver's Guidebook!*
- Red Shoes