



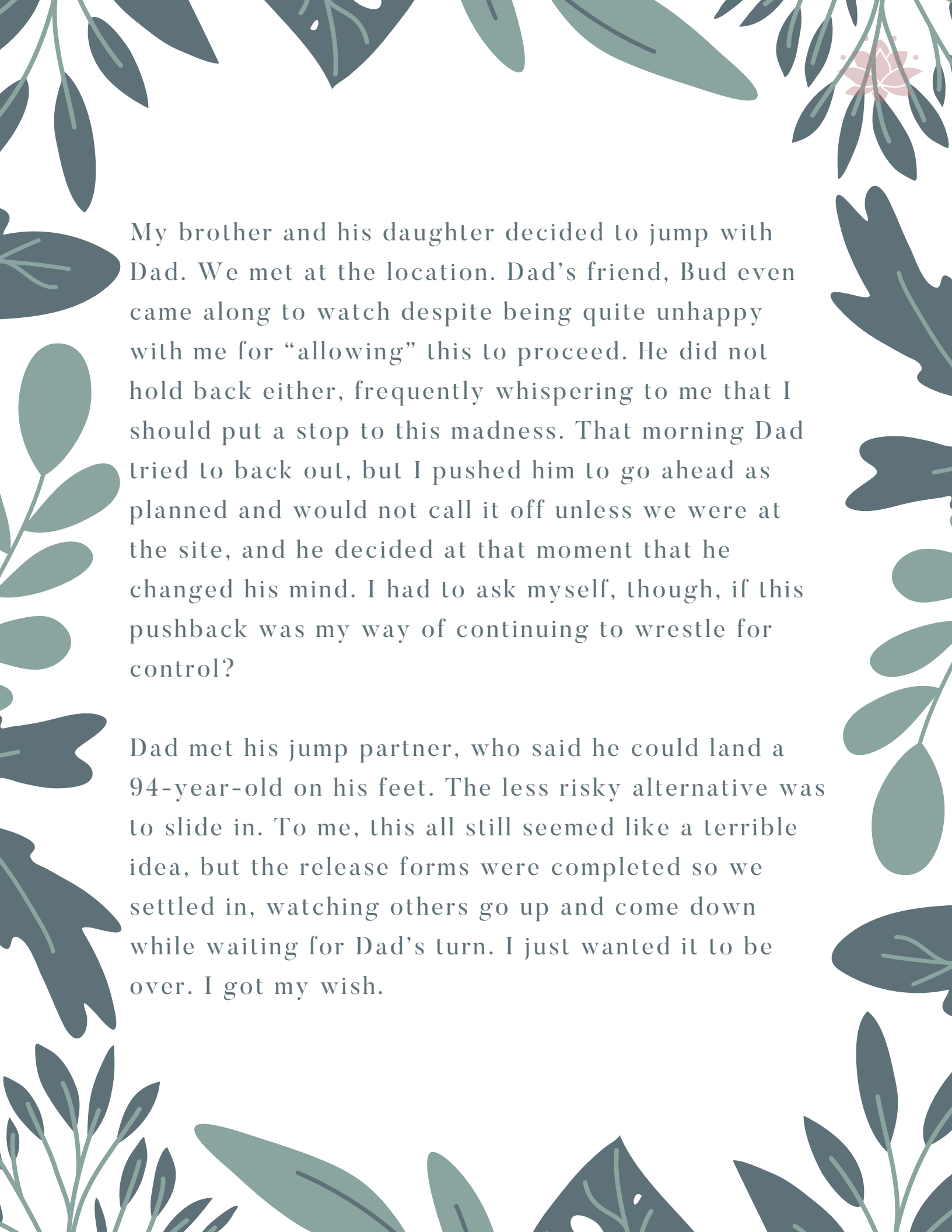
RECORD KEEPING



Caregiver Stories


I learned one of the biggest lessons in letting go of control and accepting that Dad was free to make his own decisions in the early years of caregiving. Dad wanted to jump out of a plane for his 94th birthday. He brought it up every day with an insistence that triggered my angst. I wasn't sure how serious he was, but it agitated me. He knew it and seemed amused by it. I would actively discourage him, deflect his attention elsewhere, but mostly I just resisted the whole idea. Dad brought it up with his primary care physician, who said, "Why not?" It was one of those rhetorical questions that I could have answered with a monologue, but in shock, I just stammered, "Why not!" I was finally relenting and asking myself, "What the heck was all the fuss?".

Back at home, I asked Dad if he wanted me to arrange the jump. His friends and family were not happy. They were where I had been. They had not endured the months of daily drama. I did my best to help them catch up and understand that this was the request of an adult with a reasonably sound mind, and we would appreciate their support.



My brother and his daughter decided to jump with Dad. We met at the location. Dad's friend, Bud even came along to watch despite being quite unhappy with me for "allowing" this to proceed. He did not hold back either, frequently whispering to me that I should put a stop to this madness. That morning Dad tried to back out, but I pushed him to go ahead as planned and would not call it off unless we were at the site, and he decided at that moment that he changed his mind. I had to ask myself, though, if this pushback was my way of continuing to wrestle for control?

Dad met his jump partner, who said he could land a 94-year-old on his feet. The less risky alternative was to slide in. To me, this all still seemed like a terrible idea, but the release forms were completed so we settled in, watching others go up and come down while waiting for Dad's turn. I just wanted it to be over. I got my wish.



The last group to land was a team of instructors who said that the winds had become too dangerous to continue. We were welcome to wait and see if things changed. Dad did not want to wait. We could reschedule or get a refund. Dad opted for a refund. His memory of the non-event doesn't include him trying to back out the morning of the jump. He only remembers that the wind foiled his plan, and that is not wrong.

I recalled this multi-month-long battle each time we butted heads in another clash of wills. Many “disagreeable” decisions that Dad had made could have had repercussions for all of us, and this goes along with the caregiving territory. Safety vs. independence can lead to the most epic battles and leave a path of destruction that takes ages to clear. I found it was better to shed the battle armor, even when your parent wants to jump out of a plane.

Theresa Wilbanks



RECORD-KEEPING CHECKLIST



Record keeping for all of your legal and financial documents.

Location of Important Documents

Bank Accounts

Monthly Bills

Investment and Accounting Documents

Passwords

Location of Will

Attorney

Certified Financial Planner or Other Investment Advisor

Insurance Information

Bill Tracker



RECORD-KEEPING CHECKLIST



Record keeping for all of your medical and health documents.



Medications/Allergies



Important Test Results



Pharmacy



Physicians and Specialists



Health Log



Chronic Conditions



Medical Information



Physical Aids Needed
(hearing, walker, etc.)



Medical History/Significant
Events



Fitness Level



RECORD-KEEPING CHECKLIST



Record keeping for all of your care provider documents.



Vehicle Maintenance Schedule



Daily Eating Patterns



About the Elder/Habits, Likes,
Lifestyle



Triggers for Undesirable
Emotions and Behaviors



Self-Care Abilities and Needs



Pain Scale



Daily Activities



Self-Care Check In



Location of Receipts



Housekeeping Lists &
Schedules

CAREGIVER'S CHECKLIST



Patient Name: _____ Date: _____

Personal Care

Activities & Exercises

.....

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Activity	Duration

Meals

Meal	Time	Amount

Physical Therapy

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Medicines

Medicine	Time	Dosage

Bathroom

Housekeeping

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Supplies

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Caregiver

Name: _____

Signature: _____

Notes:

