



QUALITY OF LIFE ACTION CHECKLIST

Chapter 13 of *The Complete Eldercare Planner*

WHAT'S AGE FOR, ANYWAY?	To Do By	Completed
<i>Be aware of road blocks to quality of life</i>		
Chronic Pain _____		<input type="checkbox"/>
Depression _____		<input type="checkbox"/>
Illness _____		<input type="checkbox"/>
Alcohol abuse _____		<input type="checkbox"/>
Medication and drug abuse _____		<input type="checkbox"/>
Suicidal tendencies _____		<input type="checkbox"/>
<i>Ask life-enriching questions</i> _____		<input type="checkbox"/>
<i>Tap into senior-friendly resources</i>		
Travel _____		<input type="checkbox"/>
Learning centers _____		<input type="checkbox"/>
Fitness centers _____		<input type="checkbox"/>
<i>Suggest employment options and volunteer opportunities</i> _____		<input type="checkbox"/>

Facilitate spiritual and religious needs _____

Plan for pets _____

Know the locations of the local

community centers _____

senior center _____

religious congregations _____

support groups _____

FAMILY POWER

Plan to capture special caregiving moments _____

Create reminiscing opportunities _____

Research family history _____

Make good use of remembering devices _____

Keep family customs, traditions and rituals alive _____

Learn more about your family roots

Draw a family tree _____

Conduct library research _____

Search family records _____

Conduct interviews _____

Inquire about possessions _____

Explore attics _____

Accompany your elders back to their home town_____

*Plan on giving meaningful and memorable gifts*_____

*Foster the grandparent and grandchild connection*_____

Create opportunities for elders to contribute back to the family _____