

CJD Home Care Starter Checklist



SAFETY & SETUP

- ☐ Clear walkways; remove loose rugs/clutter; add nightlights.
- ☐ Install grab bars and non-slip mats; stage a firm armchair near bed/bath.
- ☐ Teach safe transfers; consider gait belt/walker per PT guidance.

DAILY RHYTHM

- ☐ Keep predictable wake/meal/rest times; post a simple visual schedule.
- ☐ Limit overstimulation; build in quiet breaks.

COMMUNICATION

- ☐ One idea at a time; speak slowly; offer choices with yes/no answers.
- ☐ Validate feelings; don't argue—redirect gently.

MEALS & SWALLOWING

- ☐ Upright seating during meals and 30+ minutes after.
- ☐ Small bites/sips; follow SLP texture/liquid guidance; cue double swallows.
- ☐ Track weight, hydration, coughing with meals—report changes.

COMFORT & SKIN

- ☐ Reposition at least every 2 hours when bed- or chair-bound.
- ☐ Moisturize high-risk areas; keep linens dry and breathable.
- ☐ Create a calming evening routine to support sleep.

MEDICATION & COORDINATION

- ☐ Maintain a one-page med list and symptom log.
- ☐ Share updates with neurology/primary care/hospice; ask about equipment (hospital bed, wheelchair, commode).

Important Contacts

Neurology: _____

Primary Care: _____

Hospice: _____

SLP: _____

ComForCare Care Team: _____

Call the clinician if you notice

New/worsening swallowing problems, repeated coughing with meals, fever, reduced alertness, falls, uncontrolled pain/anxiety, or breathing difficulty.

Need hands-on help implementing this plan? **ComForCare can set up safety and routines.**

