



VALIYNT HEALTH GROUP

FAMILY CARE PLANNING CHECKLIST

A practical worksheet for Southeast Texas families preparing for help at home.

Start with the person, not the provider.

Use this checklist to organize what your family actually needs before comparing agencies, caregivers, or other home-support options. Check what applies and add notes.

1 DAILY ROUTINES

- ☐ Bathing, dressing, grooming, or toileting assistance
- ☐ Meal preparation, eating support, or hydration reminders
- ☐ Walking, transfers, mobility devices, or fall-risk support
- ☐ Light housekeeping, laundry, errands, or transportation
- ☐ Companionship, social engagement, or routine structure

2 SAFETY + HOME SETUP

- ☐ Recent falls, dizziness, weakness, or trouble using stairs
- ☐ Wandering, confusion, unsafe cooking, or leaving doors unlocked
- ☐ Emergency contacts are current and easy to find
- ☐ Walkways, rugs, lighting, bathroom safety, and mobility equipment checked
- ☐ Family has a clear plan for urgent changes or emergencies

3 MEDICATION SUPPORT

- ☐ Only reminders are needed
- ☐ Help with self-administration may be needed
- ☐ Family understands the difference between nonmedical support and clinical medication administration
- ☐ Medication list is current and available for appointments/emergencies

4 FAMILY COVERAGE

- ☐ Who is available during weekdays, nights, and weekends?
- ☐ Where are the recurring gaps in family coverage?
- ☐ Who makes care decisions and who should receive updates?
- ☐ What tasks should remain with family versus a paid provider?
- ☐ What is the backup plan if scheduled help cancels?



VALIYNT HEALTH GROUP

7 QUESTIONS TO ASK BEFORE YOU HIRE

Take this page to calls, consultations, or interviews and write down the answers.

Provider Interview Notes

- 1 What is your current license status and exactly what services are within your scope?

- 2 How are caregivers screened, trained, matched, and supervised?

- 3 Will we receive a written service or care plan, and how is it updated when needs change?

- 4 What happens after hours, on weekends, or when a scheduled caregiver cancels?

- 5 What are your rates, minimum hours, deposits, cancellation rules, and any additional fees?

- 6 What services are specifically excluded, and when would you tell us to contact a nurse, physician, 911, or another provider?

- 7 How are incidents, complaints, schedule changes, and family communication documented and handled?

RED FLAGS TO SLOW DOWN FOR

- Vague or changing pricing
- Pressure to sign immediately
- Unclear service limits or license status
- Refusal to explain screening, training, or supervision
- Promises that sound outside the provider's legal scope

Your next step:

Circle the three questions that matter most to your family. Compare providers using the same questions so you're comparing answers, not sales pitches.