RED DESERT CHECK-IN

RDC Family Care Plan

A practical workbook for families who want to know: If something changed tomorrow, who would do what?

Use this workbook to organize what is happening now, identify gaps, and make a practical family plan.

1 | THE CURRENT PICTURE

Older adult / loved one	
Completed by	
Date	
Primary family contact	
Current living situation	

What is working well right now?

What has changed or is worrying the family?

■	Fall, near-fall, or mobility change
■	Recent hospital/ER visit or surgery
■	Medication or appointment organization
■	Meals, groceries, hydration, or nutrition
■	Driving or transportation
■	Memory, judgment, or getting lost
■	Bills, unusual charges, scams, or paperwork
■	Isolation, grief, or caregiver strain
■	Home safety or emergency-access concern
■	Other: ________________________________

2 | IF SOMETHING CHANGED TOMORROW

Do not wait for a crisis to decide who is responsible. Assign a primary person and a backup now.

Responsibility	Primary	Backup	Phone / notes
First person to call / respond			
Can physically get to the home			
Has a key / code / access			
Communicates with hospital or medical office			
Tracks medications / medication list			
Handles appointments / transportation			
Handles groceries / meals / essentials			
Checks bills / accounts / unusual charges			
Keeps family members updated			
Cares for pets / animals			
Backup if primary person is unavailable			

3 | DAILY-LIFE RESPONSIBILITIES

Mark who is doing each task now. A blank row can be a warning sign if the task is necessary but nobody owns it.

Area	Task	Person responsible	Backup / notes
Household	Laundry / housekeeping		
Household	Groceries / household supplies		
Household	Home maintenance / repairs		
Food	Meal planning / preparation		
Transportation	Medical appointments		
Transportation	Errands / social activities		
Connection	Regular calls / visits		
Connection	Activities / companionship		
Organization	Calendar / appointments		
Organization	Medication list / refill coordination		
Coordination	Family updates		
Coordination	Service-provider contacts		
Money	Bill review / recurring charges		
Planning	Important documents / POA / directives		

4 | EMERGENCY & ACCESS PLAN

■	The exact home address is written where family can find it quickly.
■	At least one trusted person can enter the home without the older adult opening the door.
■	Family knows where the medication list, ID, insurance information, and emergency contacts are kept.
■	There is a reliable way to summon help from inside the home.
■	Family knows what happens if the primary caregiver/contact cannot respond.
■	There is a plan for pets, oxygen/equipment, mobility devices, or other needs during evacuation.
■	Smoke and carbon-monoxide alarms are present and checked.
■	There is a power-outage / extreme-heat / wildfire or evacuation plan appropriate to the household.

Preferred hospital / health system	
Primary medical office	
Pharmacy	
Medical alert / monitoring service	
Key / lockbox location	
Evacuation destination	

5 | SUPPORT BOUNDARIES

Families often discover that the issue is not willingness. It is whether the right kind of help is available.

■	Independent with toileting and personal hygiene
■	Independent with getting in/out of bed and chairs
■	Can safely move around the home with current device/support
■	Can manage eating and drinking without hands-on assistance
■	Medication needs are organizational/reminder-level rather than administration
■	No one is being asked to provide care they are uncomfortable or unqualified to provide

RDC boundary: Red Desert Check-In is non-medical. Hands-on personal care, transfers, bathing, toileting, medication administration, skilled nursing, diagnosis, and clinical care should be handled by the appropriate qualified provider.

6 | OUR TOP 5 NEXT STEPS

Priority	Action	Who owns it?	By when?
1			
2			
3			
4			
5			

Revisit this plan after a fall, hospitalization, major change in mobility or memory, loss of a caregiver, move, or any time the current plan stops matching reality.

This workbook is an organizational and educational resource. It is not medical, legal, financial, or emergency advice.