

Family Care Readiness Checklist

Use the boxes to discuss practical arrangements. Give unfinished items an owner. This is an organization aid, not a health assessment or a safety score.

- [] **Preferences** - Agree on welcome support and who may receive information.
- [] **Contacts** - Check the family, nearby helper, backup, clinician and pharmacy contacts.
- [] **Medicine record** - Locate the current list. Ask the clinician or pharmacist about unclear instructions.
- [] **Appointment** - Confirm details with the provider and keep their preparation instructions.
- [] **Transport** - Agree on a companion, transport arrangements and a backup contact.
- [] **Documents** - Locate reports, recorded allergies, insurance and provider instructions.
- [] **Follow-through** - Name who will record next steps and arrange any further contact.
- [] **Emergency route** - Know the agreed contact sequence and local emergency number. In India: 112.
- [] **Review** - Date the record, store it privately and agree when to revisit it.

Unfinished item / owner / next action / date

Keep completed notes offline and share only with agreed recipients. The treating team supplies medical instructions. For an immediate threat to life or safety, call local emergency services; do not wait for an app response.

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Guide, sources and mobile checklist: ruxum.in/family-care-readiness-checklist