THE CHILDING CHECKLIST

Chores & Support For Aging Parents

A practical guide for adult children to step in with grace, providing structural support while preserving dignity.

Guidance: Adult children can actively support their aging parents by taking on heavy physical household chores and maintenance tasks that become unsafe or difficult for seniors to manage alone.

1. Heavy Physical Tasks & Maintenance

- **Yard work:** Mowing the lawn, raking leaves, shoveling snow, and trimming heavy bushes or trees.
- **Home repairs:** Changing high light bulbs, fixing leaky faucets, cleaning gutters, and moving heavy furniture.
- **Deep cleaning:** Scrubbing bathrooms, washing windows, vacuuming stairs, and laundering heavy bedding or curtains.

2. Errands & Daily Support

- **Grocery shopping:** Stocking the pantry and handling heavy or bulk purchases.
- **Transportation:** Driving parents to doctor appointments, social visits, or community events.
- **Meal preparation:** Cooking extra portions or freezing easy-to-heat meals for busy or tiring days.

3. Health & Administrative Management

- **Medication tracking:** Organizing pillboxes and monitoring refills regularly.
- **Financial organization:** Helping sort invoices, manage bills, and review official statements.
- **Digital navigation:** Setting up online patient portals or managing communication with healthcare providers.

IMPORTANT NOTE ON DIGNITY:
Experts advise balancing support carefully—allow parents to handle lighter daily activities (like sweeping or making coffee) if they prefer. Maintaining routine movement preserves their dignity, physical strength, and sense of purpose.