



M.A.C.K. Foundation ALS Caregiver Checklist

This checklist is designed to help caregivers stay organized, informed, and supported while caring for a loved one with ALS.

Getting Started

- ■ Contact the ALS Association
- ■ Schedule an appointment with an ALS specialty clinic
- ■ Build a care team
- ■ Establish a family support network

Medical & Care Planning

- ■ Track medications and treatment plans
- ■ Keep emergency contacts accessible
- ■ Discuss care preferences
- ■ Explore clinical trial options

Home & Daily Living

- ■ Assess home accessibility needs
- ■ Arrange mobility equipment
- ■ Create a daily care routine

- ■ Organize meal and nutrition support

Caregiver Wellness

- ■ Join a caregiver support group
- ■ Schedule personal rest time
- ■ Maintain your own health appointments
- ■ Ask for help when needed