



FREE SAMPLE CHECKLIST

THE GOLDEN KEY ACCOUNTABILITY CHECKLIST

Small Actions. Every Day. Before the Crisis.

The Golden Key provides families with a simple framework for becoming more involved in their health and care.

DATE _____

FIVE AREAS OF AWARENESS

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1. HYDRATION & NUTRITION

Watch hydration, nutrition and potential deficiencies with appropriate professional guidance.

TODAY I NOTICED _____

WHO FOLLOWS UP _____

BY WHEN _____

☐

2. MOBILITY & STRENGTH

Encourage appropriate movement and address fall and mobility risks.

TODAY I NOTICED _____

WHO FOLLOWS UP _____

BY WHEN _____

☐

3. HEART & CIRCULATION

Understand blood pressure, swelling and other warning signs that warrant professional attention.

TODAY I NOTICED _____

WHO FOLLOWS UP _____

BY WHEN _____

☐

4. RESPIRATORY & INFECTION AWARENESS

Know symptoms that should prompt medical evaluation.

TODAY I NOTICED _____

WHO FOLLOWS UP _____

BY WHEN _____

☐

5. MEDICATION & DAILY ACCOUNTABILITY

Know what is being taken, why it is being taken and who is responsible for the daily plan.

TODAY I NOTICED _____

WHO FOLLOWS UP _____

BY WHEN _____

THE GOLDEN KEY DAILY FORMULA

FACT

One important fact.

ACTION

One practical action.

FOLLOW-UP

Who will follow up, and when will the family confirm that the concern was addressed?

This checklist supplements, not replaces, professional medical advice.