

Recommended Supplies

The following is a list of recommended supplies mentioned in the book *Caregiving for Your Parents*. They are what Ilene used herself while caregiving. This list contains affiliate links, so if you make a purchase from it, Ilene may earn a commission from qualifying purchases. There is no additional cost to you for purchasing from this list.

[Tylenol](#)

[Ibuprofen](#)

[Tissues](#)

[Aquaphor](#)

[Band-Aids](#)

[Non-adhesive gauze](#)

[paper tape or some type of tape for sensitive, elderly skin](#)

[Pillbox](#)

[Waterproof mattress cover](#)

[Pulse oximeter](#)

[Infrared thermometer for adults](#)

[Blood pressure machine](#)

[Baby monitor/camera](#)

[Washable bed pads – large](#)

[Chucks pads – disposable](#)

[Desitin and/or A&D Ointment](#)

[Bed Alarm/Chair Alarm](#)

[Wipes](#)

[Lotion](#)

[A bell](#)

[Life Alert, if they are alone and/or still mobile](#)

[Shower Chair](#)

[Straws](#)

[Adult Sippy Cup for Elderly](#)

[Jello](#)

[Applesauce](#)

[Pudding](#)

[Jarred or canned peaches or fruit cocktail in light syrup](#)

[Ensure/Boost](#)

[Soup](#)

[Ice cream](#)

[Swivel Seat](#)

[Rollator Walker](#)