

# Grandparent Preparedness Checklist

Assessing your capacity to take on grandchildren, and ability to transition from grandparent to parent.

Category	Topic Area/Event	Yes	No
About the child(ren)	Do you have concerns for your or the child(rens) <b>safety</b> for any reason?		
	Do you know the age of child(ren)?		
	Do you know the number of children you want to take on?		
	Do you know how to contact the child's school?		
	Do you have access to child's school records?		
	Are you able to enroll the child(ren) into school?		
	Does the child(ren) have any special needs?		
	Does the child have and Individualized Education Plan (IEP) or 504 plan?		
	Does the child(ren) have health insurance?		
	Does the child(ren) have any medical health concerns?		
	Do you have a signed Medical Authorization Form?		
Are they eligible for Medicaid or Children's Health Insurance Program (CHIPs)?			
Custody/ Guardianship	Do you have custody?		
	Do you have temporary custody?		
	Do you have permanent custody?		
	Do you have guardianship?		
	Do you have temporary guardianship?		
	Do you have permanent guardianship?		
Are you adopting?			
Emotional	Are you concerned about the stress in your life?		
	Do you have feeling of loss of your personal time?		
	Are you disappointed in your child's ability to parent?		
	Do you have feelings of anger towards the child's parent(s)?		
	Do you have feelings of guilt about your own parenting?		
	Do you have feelings of embarrassment about family situation?		
	Are you anxious?		
	Are you depressed?		
	Are you able to recover from familial crisis?		
Financial	Do you have enough money to care for child(ren)?		
	Are you able to provide adequate housing?		
	Are you able to acquire adequate clothing for child(ren)?		
	Do you have any concerns about providing enough food?		
	Can you identify financial resources available to help you?		
	Temporary Assistance for Needy Families (TANF)?		
	Supplemental Security Income (SSI)?		
	Supplemental Nutrition Assistance Program (SNAP)?		

**Create a binder or folder for important documents. Include copies of:**

- ❖ Birth certificates, death certificates (if the child's parent(s) are deceased), social security cards or the number for each child, and medical and dental records
- ❖ Power of attorney, custody, guardianship, adoption or other legal papers
- ❖ Consent forms signed by parents for medical care and education
- ❖ Proof of your grandchild's income and assets (child support payments, trust fund, etc.)
- ❖ Proof of your income and assets (applying for public assistance)
- ❖ Tribal enrollment papers for you and the children
- ❖ List of important phone numbers
  - Emergency (911, poison control)
  - Family members and friends who can help
  - School, child care, preschool, after school programs
  - Doctors, dentist, counselors, social workers, and therapists
  - Children's services agency or child welfare office
- ❖ Every time you talk to someone about the child(ren), keep accurate notes to help track your progress, write down:
  - The date, the name of the person, their title and relationship to child
  - The person's contact information (phone, address, email address, etc.)
  - What was discussed (school, medical, legal, financial, etc.)
  - Follow up or "to-do" list for after the conversation.

Category	Topic Area/Event	Yes	No
	Supplemental Nutrition program for Women, Infants, and Children (WIC)?		
	Kinship Guardianship Assistance Payment (Kin-GAP)?		
	Federal Foster Care Benefit (AFDC-FC)		
<b>Health</b>	Do you have health insurance?		
	Do you have any medical health concerns?		
	Do you have a chronic illness?		
	Do you have limited energy or physical health problems?		
	Has a physician prescribed medication?		
	Do you have to worry about how you will pay for medication?		
	Do your medical concerns limit your ability to take care of child(ren)?		
<b>Physical Ability</b>	Do you have full physical mobility?		
	Do you have any physical restrictions?		
	Do you exercise regularly?		
	Do you eat a healthy diet?		
	Do you anticipate any changes in your diet?		
	Do you get adequate sleep every night?		
<b>Support System</b>	Do you have appropriate support systems?		
	Do you have friends or family who will help?		
	Can you identify supports in your community?		
	Do you know of any local support groups you can attend?		
	Do you have a place of worship/for ceremony?		
	Do you have spiritual supports?		
	Do you attend a church group?		
	Do you have a therapist you can talk too?		
	Do you attend community events, or gatherings?		
Do you worry about less time for self, partner, or friends?			
<b>Transportation</b>	Do you have a transportation to your appointments?		
	Do you have transportation for your errands, shopping?		
	Can you get child(ren) to and from school?		
	If child(ren) get sick at school, can you pick them up?		
	Can you get child(ren) to appointments?		

## Ways to help you transition to a custodial grandparent

- ❖ Take time to make adjustments for yourself and the child(ren)
- ❖ Provide a home for the grandchildren by making room for them and their belongings
- ❖ Make your home feel welcoming, safe, and child-friendly
- ❖ Talk to the child(ren) and allow them to share their feelings
- ❖ Establish a daily routine for the family; meals, bedtime, afterschool activities
- ❖ Read them bedtime stories or tell them your traditional stories
- ❖ Take the child(ren) to community events, traditional gatherings, and involve them in your daily traditional practices (e.g., morning smudge)
- ❖ Start a hobby together: craft making, beading, or regalia making
- ❖ Take care of your physical and mental health; join a support group, talk to someone, find a trusted babysitter (so you can take a short break), take a parenting class, learn to say no
- ❖ Have a social network, stay in contact with friends and faith community
- ❖ Learn about available resources for grandparents raising grandchildren

### Sources

- Grandparents raising grandchildren information guide: [www.rcaging.org/Portals/0/uploads/GRG/adrcresourceguide2011.pdf](http://www.rcaging.org/Portals/0/uploads/GRG/adrcresourceguide2011.pdf)
- More information about Governmental assistance programs: [www.benefits.gov/](http://www.benefits.gov/)
- Grandparent rights by State: [www.grandparents.com/family-and-relationships/grandparents-rights/grandparent-rights-united-states](http://www.grandparents.com/family-and-relationships/grandparents-rights/grandparent-rights-united-states)

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