

Is It Time for Some Extra Help at Home?



A simple family checklist

Many families notice changes gradually. A few concerns do not automatically mean someone needs full-time care, but they may be a sign that it is time to explore what support could make daily life easier and safer.

Check any changes you have noticed



Daily routines

- ☐ Difficulty bathing, dressing, or grooming
- ☐ Wearing the same clothing repeatedly
- ☐ Trouble preparing meals
- ☐ Household chores are becoming difficult
- ☐ Missing medications or daily routines



Safety concerns

- ☐ Recent falls or near-falls
- ☐ Difficulty walking or getting up safely
- ☐ Leaving appliances on
- ☐ Getting lost or confused
- ☐ Concern about being alone



Memory and organization

- ☐ Missed appointments
- ☐ Repeated questions or conversations
- ☐ Unopened mail or unpaid bills
- ☐ Difficulty following familiar routines
- ☐ Confusion about medications



Social and emotional changes

- ☐ Spending much more time alone
- ☐ Loss of interest in usual activities
- ☐ Increased anxiety or frustration
- ☐ Family caregiver exhaustion



After a health change

- ☐ Recent hospitalization
- ☐ Recent rehabilitation stay
- ☐ New mobility limitations
- ☐ Recovery is hard to manage at home



Checking a few boxes does not automatically mean someone needs full-time care.

It may simply be a sign that it is time to learn more about the kinds of support that could help.



Questions to ask a home care provider

- Can care start with only a few hours?
- Are overnight and live-in options available?
- Can schedules change as needs change?
- How are caregivers screened and matched?
- What happens if the regular caregiver is unavailable?
- Can support help after a hospital or rehab discharge?

