

For the family of an elder:

A CHECKLIST TO HELP YOU DETERMINE THE NEED FOR IN-HOME ELDER CARE SERVICES



Caring To Make A Difference.SM

HOW'S THE ENVIRONMENT?

- Is the home orderly and well kept?
- Are necessary home repairs being performed?
- Any unusual amount of clutter, dust, dirt or garbage?
- Any unpleasant odors?
- Do the cupboards or refrigerator smell?
- Is the food in the refrigerator fresh and well stocked? Check the expiration dates in both the refrigerator and the pantry.
- Are there safety hazards lurking, i.e., carpet tears, loose banister, no safety handles in the bathroom, etc.
- Are the house plants thriving?
- Do the house pets look healthy and properly cared for?

TAKE A CLOSER LOOK AT THE ELDER(S)

- Does the elder appear healthy?
- Have they lost or gained weight?
- Do they call you by your name?
- Are they speaking normally?
- Do they show signs of irritability – mood changes?
- Is there a lack of energy ... increasing fatigue?
- Are they up on the news?
- Are they properly maintaining their checkbook and credit obligations?
- Is there mail that is stacking up?
- Have they continued their outside activities?
- Do they stay in touch with friends and relatives?
- Have there been recent or numerous auto mishaps/accidents?
- Do they have future plans or goals?
- Do you suspect depression?
- How's their vision and hearing?
- Any unusual tearing or bruising of the skin?
- Is their skin soft, supple and is the color normal?
- Are they able to move around the home without concern?
- Are there many different prescriptions? From various doctors?
- Do you think they are in command of taking their prescriptions on time?
- What about the expiration dates on their prescriptions and other meds?
- What is the condition of their clothing? Are there stains, tears, etc?
- Are they taking the time for proper grooming ... hair, nails, makeup, etc?
- Do their teeth appear clean?