

Checklist for Determining the Need for In-Home Care

As people age, sometimes their health and mind are affected to the point that they may need in-home care. If you notice changes in a loved one that has you concerned about their health and safety, they may need help in their home. Using the checklist below, answer the questions to determine if their changes are normal or a sign that outside help is needed.

Activities of Daily Living & Personal Hygiene

Yes	No	
		Do they still cook their own meals on a regular basis?
		Do they clean up after meals by washing the dishes, wiping down counters, and putting leftovers away?
		Do they appear to be eating well?
		Are they following their dietary restrictions, if any?
		Is the home being kept clean?
		Are they washing their laundry, folding it, and putting it away?
		Do they shower or bathe regularly?
		Are they able to care for any pets they have, taking them outside for exercise and to use the bathroom, feeding them, and cleaning the litter boxes?
		Do they smell pleasant?
		Are they dressing in clean clothes?
		Are they brushing their teeth, shaving, trimming their nails, and brushing or combing their hair on a regular basis?
		Are they still managing their finances correctly?
		Do they smell pleasant?

Answering NO to one or two questions above is a sign that your loved one might benefit from personal care. If you checked "No" more often than "yes," your loved one has a definite need for personal care services.

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Social Life & Mobility

Yes	No	
		Do they continue to stay in touch with family, friends, and neighbors?
		Do they still go to family events and other social events that they usually attend?
		Are they still able to crochet, sew, put puzzles together, and do other activities they enjoy?
		Can they hear the phone when it rings, and are they able to answer it in a safe and timely manner?
		Can they hear the person they're having a phone or sit down conversation with?
		Do they appear happy and upbeat as usual?
		Can they remember the names of close friends and family members?
		Do they keep up with their usual outdoor chores, such as mowing the lawn and tending to the flowers?
		Are they still able to do their own shopping and errands, including transferring the things they bought to their car then into the home?

If you answered NO to any of the questions above, it might be time to get together with your loved one and other family members to discuss the need for companion care. Answering no to quite a few of the questions signifies a greater need for in-home support.

Checklist for Determining the Need for In-Home Care

Safety & Memory

Yes	No	
		Are they still able to safely carry their clothes to and from the laundry room?
		Can they still walk without needing a walker, cane, scooter, or other walking aid?
		Can they get in and out of the bed, chair, and/or wheelchair easily?
		Are they able to get into the shower or bathtub safely?
		Are they driving safely?
		Does your loved one take all their medication regularly?
		Are they able to go places without getting lost or confused?
		Are they able to manage their medical equipment and/or devices (e.g. oxygen, blood sugar monitor) on their own?
		Can they remember recent events?
		Do they remember to turn off the stove, sink, shower, and/or tub?
		Do they tell you about their day or appointment without repeating it a few minutes later?
		Can they still cook the same family favorite dish they've made for years?
		Do they still know how to play the game the two of you always enjoy?
		Are they still able to operate the same microwave they've had for a while?

If you answered **NO** to any of the questions above, it might be time to get together with your loved one and other family members to discuss the need for companion care. Answering no to quite a few of the questions signifies a greater need for in-home support.