

Care Readiness Checklist

Is it time to explore more support for your loved one?

How to Use This Checklist

Before you begin, take a few quiet minutes to think about what's really happening day-to-day — not just what your parent *can* do, but what's starting to feel harder, less safe, or less joyful.

Each of these areas affects health and well-being more than most people realize:

- **Daily tasks are getting harder** – Things like cooking, cleaning, or getting dressed feel like a struggle, even with help. If your parent resists outside help, moving into a small community can often *improve both safety and compliance* with receiving support.
- **More falls or safety worries** – Feeling unsteady or having frequent close calls can lead to avoiding fluids or activity due to fear of falling, which actually *increases health risks*.
- **Feeling lonely or isolated** – Limited social contact isn't just sad; it's a *major risk factor* for dementia, depression, and faster decline. Regular social interaction helps maintain purpose and alertness.
- **Health problems are getting harder to manage** – Needing more medical support, coordination, or reminders can be overwhelming at home. In a well-staffed community, *on-site care and team communication* help stabilize health and reduce complications.
- **Care partners feel overwhelmed** – When family or hired caregivers are burned out, things get missed. Falls, confusion, and emotional strain rise for *everyone involved*.
- **Forgetting things more often** – Missed medications or appointments may seem minor but often indicate *early memory changes, illness or fatigue*.
- **Keeping up with the house is too much** – Chores, repairs, and yard work become unmanageable, often falling to relatives. (It's getting harder to find help for small home tasks — which adds even more stress.)
- **Trouble getting around** – Difficulty traveling to appointments, stores, or events limits independence and connection, often triggering withdrawal or weight loss.

- **Not eating well** – Skipping meals, relying on processed food, or losing weight are warning signs that *nutrition and energy are slipping*.
- **Wanting more social activity** – If they’re craving connection, it may be time for a setting that brings daily purpose and fun.
- **Family is worried** – When loved ones start noticing changes, it’s a sign to pause and make a plan *before crisis hits*.

 **Tip:**

This isn’t about convincing anyone it’s “time to move.”

It’s about seeing the full picture — so you can make decisions with clarity instead of crisis.

Take a quiet moment and read through these signs.

If you find yourself checking three or more, it’s time to start preparing — not out of fear, but out of love.

This list helps us focus our call on the areas that matter most to your family.

 **Daily Living & Safety**

- Daily tasks like cooking, dressing, or cleaning are becoming difficult—even with help
- You’ve noticed new bruises, balance issues, or fear of falling.
- Your loved one resists outside help or home care services.
- The home no longer feels safe or easy to manage.

 **Connection & Emotional Wellbeing**

- Your loved one spends most days alone or isolated.
- Friends have stopped visiting, or social activities have faded away.
- You see more confusion, forgetfulness, or sadness than before.

 **Health & Medical Needs**

- Medication schedules are being missed or mixed up.
- Doctor visits, bills, or refills are becoming overwhelming.
- You’re starting to worry what happens when you’re not there.

Home Maintenance & Meals

- Meals are skipped, or mostly frozen and processed foods.
- Laundry, dishes, and cleaning are piling up.
- You've noticed weight loss, dehydration, or fatigue.

Family & Caregiver Readiness

- You're exhausted, anxious, or short-tempered more often.
- You've canceled personal plans to keep up with care.
- You sometimes think, "*I can't keep this up much longer.*"

If you checked three or more boxes, it's time to take the next step — not out of guilt, but out of love.

Let's create a plan that gives you both peace of mind.

Call or text Shelley at (574) 607-8120

to schedule your free **Concierge Planning Session** before crisis hits. This is not a sales pitch, instead a conversation to plan and prepare.