



Seniors Helping Seniors®

...A WAY TO GIVE AND TO RECEIVE®

How long can your loved one safely stay home without help?

Loved One Check-In Checklist

A simple way to notice changes in an older loved one during holiday visits

Check any changes you notice. A few small signs can point to a growing need for support.

Home & Environment ☐ Mail, bills, or papers piling up ☐ Spoiled food or an empty fridge ☐ Clutter or tripping hazards ☐ Home less clean than usual ☐ Laundry or dishes undone	Personal Changes ☐ Noticeable weight loss or gain ☐ Wearing the same clothes repeatedly ☐ Poor hygiene or body odor ☐ Bruises or unexplained marks ☐ Unsteady walking or balance issues
Memory, Mood & Communication ☐ Repeating stories or questions ☐ Confusion about day, time, or plans ☐ Withdrawal from conversation ☐ Irritability, anxiety, or mood swings ☐ Trouble following familiar tasks	Daily Living & Safety ☐ Missed medications ☐ Hesitation about driving ☐ Missed appointments ☐ Trouble getting up from chairs ☐ Difficulty cooking safely
Conversation Starters "How have things been feeling at home lately?" "What parts of the day feel harder than they used to?" "Would a little extra help make things easier?"	If there's resistance "Let's try help short-term and see how it feels." "This is about independence, not losing it." "Support now prevents bigger problems later."
When to Follow Up: If you notice several changes, plan a follow-up conversation with family, a doctor, or a care provider. Early support can help prevent a crisis.	
Notes / Next Steps	
When Private Duty Care Helps: Personal care & bathing safety, Medication reminders, Mobility & fall prevention, Meal preparation & nutrition, Companionship	
Peace of Mind for Families: Updates to adult children, Flexible hourly care, Short-term or ongoing support, Fast start options	

This checklist is meant to support observation and conversation. It is not a medical diagnosis.

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