

## Is Your Senior Aging Safely At Home Checklist

Here is a list of behaviors or household things to be aware of this holiday season as you visit aging loved ones. It is important to know what to look for that may be an indicator that your senior loved one needs some support.

Review and complete this checklist to help you decide if you should be thinking about a change.

By answering these questions, it should give you an idea about possible senior care needs.

Things To Look For	YES	NO
Hoarding/ Or cluttering in the home		
Cleanliness of the home		
Lack of personal hygiene		
Unclean clothes		
Difficulty walking or transitioning onto furniture		
Damage to vehicle		
Loss of driving confidence		
Fridge is bare		
Expired food in the fridge or pantry		
Medications not being taken correctly or at all		
Prescription refills may not be occurring (check the dates on the current prescriptions)		
Unopened mail		
Difficulty concentrating/poor judgement		
Loss of appetite or loss of weight		
Memory loss		
Fatigue		
Signs of depression		
Unexplained bruising		

\* Review this checklist on an ongoing basis, because circumstances may change.

Learn more about Aging Safely At Home here:

<http://seniorslifestylemag.com/care-giving/is-your-senior-aging-safely-at-home/>

If you think your senior may need support for something, reach out to us at [www.seniorslifestylecare.com](http://www.seniorslifestylecare.com)

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