

Care Needs Checklist

This checklist can help you assess when it might be time to ask for help—and what kind of support would be most helpful.

Daily Living Activities

Check off any tasks that are becoming difficult or inconsistent:

- ☐ Getting dressed and undressed
- ☐ Bathing or showering regularly
- ☐ Cooking or preparing meals
- ☐ Remembering to eat or drinking enough water
- ☐ Using the toilet without help
- ☐ Moving safely around the home (stairs, getting out of bed/chair)

Notes or Concerns:

Memory, Focus & Mental Wellness

Have you noticed any of the following?

- ☐ Forgetting appointments or repeating conversations
- ☐ Confusion about time, place, or routine
- ☐ Misplacing items more frequently
- ☐ Increased anxiety, sadness, or withdrawal
- ☐ Difficulty managing daily medications

Notes or Concerns:

Care Needs Checklist Cont...

Home & Safety

Consider your current living environment:

- ☐ Trouble keeping up with cleaning, laundry, or dishes
- ☐ Stairs are difficult or unsafe to navigate
- ☐ Clutter, spills, or dim lighting pose fall risks
- ☐ You've experienced a fall or near fall recently
- ☐ You feel less safe being home alone

Notes or Concerns:

Health & Medication

Reflect on how well your medical needs are being managed:

- ☐ Missed doses or confusion with prescriptions
- ☐ Trouble getting to appointments or managing insurance
- ☐ Recent weight loss, illness, or hospitalization
- ☐ Multiple chronic conditions that feel overwhelming

Notes or Concerns:

Care Needs Checklist Cont...

Social & Emotional Needs

How connected and supported do you feel?

- ☐ You often go days without talking to someone
- ☐ You feel isolated, bored, or restless
- ☐ You've lost interest in hobbies or activities
- ☐ You worry about being a burden

Notes or Concerns:

If you checked 3 or more boxes...

You may benefit from extra support such as:

- A weekly house cleaner or meal service
- A personal care assistant a few hours per week
- Daily check-ins or technology-based alerts
- Home modifications for safety
- A conversation with a care manager or family members

Next Steps:

- ☐ Talk to your doctor or care provider
- ☐ Meet with a care manager
- ☐ Review financial readiness for care needs
- ☐ Research in-home support options
- ☐ Share this checklist with a loved one

Notes:
