



Freedom to Age With Dignity

Home Safety & Care Support Checklist for Families

Use this checklist to identify warning signs and safety concerns that may indicate a loved one could benefit from additional support at home.

Memory & Cognitive Changes

- ☐ Increasing forgetfulness or confusion
- ☐ Repeating questions or stories frequently
- ☐ Difficulty managing medications correctly
- ☐ Getting lost in familiar places
- ☐ Trouble remembering appointments or tasks

Daily Living Challenges

- ☐ Difficulty bathing, dressing, or grooming
- ☐ Trouble preparing meals regularly
- ☐ Wearing the same clothes repeatedly
- ☐ Difficulty managing household tasks
- ☐ Forgetting to turn off appliances

Mobility & Fall Risk

- ☐ Frequent falls or near-falls
- ☐ Difficulty walking or standing safely
- ☐ Trouble navigating stairs
- ☐ Weakness or unsteadiness
- ☐ Fear of walking due to balance concerns

Health & Medication Concerns

- ☐ Missed medications or incorrect dosing
- ☐ Difficulty attending medical appointments
- ☐ Poor nutrition or weight loss
- ☐ Increasing fatigue or weakness
- ☐ Difficulty managing chronic conditions

Home Safety Risks

- ☐ Poor lighting in hallways or stairs
- ☐ Loose rugs or tripping hazards
- ☐ Bathrooms without grab bars
- ☐ Difficulty entering or exiting the home
- ☐ Cluttered walkways

Emotional & Social Well-Being

- ☐ Increased isolation or loneliness
- ☐ Changes in mood or personality
- ☐ Anxiety or agitation
- ☐ Withdrawal from hobbies or activities
- ☐ Signs of caregiver stress in family members

What Do Your Results Mean?

- 0–2 checks: Continue monitoring.
- 3–5 checks: Your loved one may benefit from additional support or home safety improvements.
- 6 or more checks: Please contact us for a free professional consultation.

Early support can help seniors remain safe, independent, and comfortable at home longer.

My Dignity Care – East Tennessee

Caregiver Support • Home Safety Improvements • Transition Support

Call: 423-600-5554 | Schedule a Free Family Care Guidance Session