

# *The Care Clarity Workbook*

A Guide to Making the Right Choice for Your Aging Parent

## **Section 1: The Safety Baseline**

**Objective:** Determine if the home environment is safe or a hazard.

### **1. The 3-Minute Test**

Imagine a fire or a power outage happens at 2:00 AM tonight. Can your parent get out of the house or call for help without assistance?

- [ ] Yes
- [ ] No
- [ ] I'm not sure (This is usually a "No")

### **2. The Medication Reality**

How many times in the last month have you found pills on the floor, in the wrong bottle, or forgotten to have taken?

Answer: \_\_\_\_\_

### **3. Physical Hazards**

List the last three "near misses" (stumbles, burns, forgotten stove, getting lost):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Section 2: The Thriving Scale

Objective: Determine if "Home" has become a "Cell."

On a scale of 1–10, how engaged is your parent with other people (outside of you)?

(1 = Total Isolation, 10 = Active Social Life)

[ 1 ][ 2 ][ 3 ][ 4 ][ 5 ][ 6 ][ 7 ][ 8 ][ 9 ][ 10 ]

What does their "average" Tuesday look like?

Hours spent watching TV: \_\_\_\_\_

Hours spent talking to friends: \_\_\_\_\_

Hours spent outside the house: \_\_\_\_\_

## Section 3: The Caregiver's Gut-Check

Objective: Acknowledge the cost of staying the course.

Complete these sentences with the first thought that comes to mind:

- If I keep doing this for another six months, my health will...

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- The thing I miss most about being just a "son/daughter" is...

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- I feel guilty because I think moving them means...

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## Section 4: Comparing the "What-Ifs"

Compare your current fears with the reality of a professional care setting.

### 1. Physical Safety

- The Fear at Home: I'm constantly on edge. I worry every time the phone rings that they've fallen, left the stove on, or wandered out the front door.
- The Reality in Care: There is a 24/7 professional team on-site with emergency pull cords, fall-detection technology (sometimes), and secured exits.

### 2. Social Connection

- The Fear at Home: They are lonely. Their world has shrunk to four walls, and I am their only source of entertainment and social life.
- The Reality in Care: They are surrounded by peers. There are daily activities, group meals, and social events designed to keep their brain active.

### 3. Nutrition & Health

- The Fear at Home: They aren't eating right. They rely on "tea and toast" or frozen meals because cooking is too dangerous or exhausting.
- The Reality in Care: They receive three chef-prepared, nutritionally balanced meals a day, plus snacks and hydration checks.

### 4. Your Relationship

- The Fear at Home: I am drowning. I've become their nurse, housekeeper, and medication manager. I'm losing the "child" role to the "caregiver" role.
- The Reality in Care: You get to be the son/daughter again. You can visit to share a meal, look at photos, and enjoy their company while the facility handles the labor of care.

Which of these fore points hit you the hardest? Describe why.

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## Section 5: Your "Next 48 Hours" Action Plan

"If you've gone through all of these sections and feel a care facility may be the right choice for your loved one, don't look at the mountain. Just take these steps:

- 1. The Google Search: List 3 facilities within a 15-20 minute drive of your home or work.**  
• \_\_\_\_\_
- 2. The Call: Call one of them today and ask: "Do you have an opening for a tour this week?"**
- 3. The Conversation: Who is the one person you need to talk to about this (Sibling, Spouse, Parent)?**  
• Name: \_\_\_\_\_

### Closing Message:

**Guilt is a feeling, not a fact. Making a safe choice for your parent is the ultimate act of love.**

Disclaimer: The information provided in this workbook is for educational and informational purposes only and is not intended as medical, legal, or financial advice. Every family's situation is unique; please consult with a qualified healthcare professional, geriatric care manager, or elder law attorney before making significant care transitions. The use of this checklist does not guarantee a specific outcome, and the author assumes no liability for decisions made based on the content of this guide.