

Caregiver & Dementia Patient Assessment Checklist

Making Informed Decisions: In-Home Care vs. Alternate Living

1. Caregiver Stress & Capacity Checklist

- I feel emotionally drained or overwhelmed most days.
 - I frequently feel resentment, guilt, or frustration.
 - My sleep is disrupted due to caregiving responsibilities.
 - My physical health has declined (frequent colds, fatigue, etc.).
 - I have little to no time for self-care, hobbies, or social interaction.
 - I've missed work or other obligations due to caregiving.
 - I feel isolated or unsupported in my caregiving role.
 - I've considered hiring help but don't know where to start.
 - I feel unsafe or unprepared to handle medical or behavioral crises.
- 💡 5 or more boxes checked? Consider external care support or respite services.

2. Dementia Symptom Severity Checklist

- Frequent memory loss that disrupts daily life (e.g., forgetting names, tasks).
 - Wandering or getting lost—even in familiar places.
 - Increased aggression, agitation, or paranoia.
 - Incontinence or increased difficulty managing hygiene.
 - Repetitive questions, restlessness, or sundowning (evening confusion).
 - Difficulty eating, swallowing, or significant weight loss.
 - Trouble with mobility, increased falls, or unsafe movement.
 - Difficulty with basic tasks: dressing, grooming, toileting, bathing.
 - Medication mismanagement or refusal to take meds.
 - Needs 24/7 supervision for safety and well-being.
- 💡 4 or more boxes checked? Consider consulting a physician and exploring memory care options.



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This is not legal or medical advice. Please seek a professional consultation for your specific circumstances.

3. Safety & Home Environment Checklist

- The home is not dementia-safe (stairs, sharp edges, unsecured exits).
- Emergency response time is delayed or unreliable.
- There's no back-up caregiver if the primary is unavailable.
- There are frequent close calls (wandering, falls, kitchen accidents).
- Medical appointments, transportation, or therapies are difficult to manage.
- You've modified the home but still face daily challenges.

💡 3 or more boxes checked? Consider whether home is still a viable option.

4. Discussion & Decision-Making Aids

- Have you had a care planning meeting with a physician, social worker, or geriatric care manager?
- Have you explored all available support: respite care, adult day centers, in-home care aides?
- Have you talked to family members about shared caregiving responsibilities or financial support?
- Have you met with an in home care agency to find out about an assessment and pricing?
- Have you met with a placement agent and researched local assisted living or memory care communities?
- Have you considered the financial implications of in-home vs. facility care?

Decision Guide

If multiple sections have several boxes checked, it may be time to:

- 📞 Schedule a geriatric care consult
- 🏠 Consider part-time or full-time in-home care
- 🏠 Tour memory care or assisted living options
- 🧩 Develop a short- and long-term care plan

Remember: Prioritizing both your well-being and the patient's safety leads to the best possible care journey for everyone involved.



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