

## LET'S START THE CONVERSATION

When your loved ones can no longer perform Activities of Daily Living (ADL) on their own, it's time for the family to consider other solutions, before it's too late. There's a lot of topics to discuss with other family members. Do we get a caregiver so that mom can stay home? Do we put Dad in an assisted living or a residential care home? Can I afford homecare? How do I go to work and leave my husband or wife home alone? How do you know when it's that time to seriously ask yourself if NOW is that time to consider those options?

Let's start the conversation!

Checkmark the following list of ADLs that pertains to your loved one's inability to perform:

1.  Can't take medication on time, open bottles and identify medication.
2.  Can't stand and walk without help.
3.  Can't cook meals
4.  Can't clean the house.
5.  Can't do Laundry.
6.  Can't schedule appointments to the dentist, physician, etc.
7.  Can't drive a car.
8.  Can't shower and dress.
9.  Can't control the bladder and bowels.
10.  Can't transfer from the bed to the chair.
11.  Can't keep track of time.
12.  Can't recognize friends and family.
13.  Can't follow directions.
14.  Can't recognize surroundings.
15.  Can't care for the lawn.
16.  Can't call 911.
17.  Can't shop for groceries.
18.  Can't call friends and family.
19.  Can't stop falling on a regular basis.
20.  Can't remember where household items are found.
21.  Can't manage money, checkbook, pay bills.
22.  Can't call Medicare or Medicaid for basic healthcare questions.
23.  Can't use the internet to connect to a medical portal to complete paperwork before a medical visit.

If you check marked at least one, it's time to sit down have a conversation and prepare a general plan that will be ongoing.