

Is Senior Living the Next Step?

A Senior Living Readiness Checklist
FREE TOOL

 **HELP
FOR
MY
PARENTS**

**The Full Guide has
Helpful Tools Like:**

- Checklists
- Pro Tips
- Step-by-Step
- Questions to Ask
- Rating System



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Use this FREE tool to spot patterns

Check the boxes that apply and rate each item

1–5 (1 = Not a Concern, 5 = Serious Concern)



See the Other Side for the Assessment Tool

Care Needs	Check if true	Rating (1–5)
Daily Living & Care		
Bathing, dressing, grooming	—	
Medication management	—	
Mobility / falls	—	
Nutrition / meals	—	
Hospital or ER visits	—	
Home Safety & Environment		
Clutter or unsafe conditions	—	
Forgetting appliances	—	
Housekeeping / yard work	—	
Wandering or getting lost	—	
Health & Well-Being		
Memory changes / confusion	—	
Ongoing medical conditions	—	
Personal hygiene decline	—	
Missing appointments	—	
Social & Emotional Needs		
Isolation / loneliness	—	
Loss of hobbies or interests	—	
Mood changes (sadness, anxiety, withdrawal)	—	
Limited social support	—	
Caregiver Well-Being		
Feeling overwhelmed / burned out	—	
Hard to balance work, health, or family	—	
Struggling to provide safe care	—	