



WHAT'S CHANGED IN 6 MONTHS?

Changes in an older adult's ability to manage everyday life often happen *gradually*.

Instead of asking,

"How is Mom doing?"

Try asking,

"How is Mom doing compared to six months ago?"

CREATE THE BASELINE

EVERYDAY LIFE	6 MONTHS AGO	NOW
Meals	Preparing/eating regular meals?	Any skipped meals, weight change, or less cooking?
Personal Care	Bathing, dressing, and grooming routinely?	Needing reminders or more assistance?
Household	Keeping up with laundry and housekeeping?	Tasks accumulating or being left undone?
Transportation	Driving or arranging transportation?	Driving less or relying more on others?
Appointments	Managing appointments independently?	Missing appointments or needing reminders?
Medications	Managing medications reliably?	More confusion or family oversight needed?
Social Life	Participating in usual activities?	Going out less or withdrawing from routines?
Daily Tasks	Managing errands, mail, and everyday responsibilities?	Family quietly taking over more tasks?

NOW ASK 3 QUESTIONS...

- 1. WHAT HAS STOPPED?** What was part of their normal routine six months ago that isn't happening anymore?
- 2. WHAT HAS BECOME HARDER?** What still is being done, but takes more effort, time, or prompting?
- 3. WHAT HAS SOMEONE ELSE TAKEN OVER?** What is family doing today that the senior was managing independently six months ago?

LOOK FOR THE TREND

Multiple changes across everyday routines may indicate that additional support is worth exploring.

THE HOME CARE OPPORTUNITY

A home care assessment helps families identify where support may make everyday life easier and help prevent small changes from becoming bigger challenges. **Call to schedule an assessment today!**



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