

IS IT TIME FOR PERSONAL CARE IN HOME?



Yes

Sometimes

No

Do daily tasks such as bathing, dressing, or grooming seem more tiring or difficult for your loved one?

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Have you noticed skipped meals, poor appetite, or difficulty preparing food safely?

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Does your loved one forget medications, take them late, or feel confused about their routine?

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Have there been recent falls, near-falls, or concerns about balance and mobility?

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Does your loved one spend long periods alone or seem more withdrawn than before?

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Are household tasks like laundry, cleaning, or changing linens becoming overwhelming?

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Do you worry about your loved one's safety when they are home alone?

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Are you, or another family member, feeling stressed, exhausted, or stretched thin trying to help?

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Has your loved one expressed frustration, embarrassment, or sadness about needing help?

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Do small challenges seem to be piling up, even if nothing feels like a "crisis" yet?

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Yes

Sometimes

No

Have you noticed increased confusion, forgetfulness, or trouble following conversations?

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Do you worry about emergencies happening when no one is there?

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Would having consistent, compassionate support make daily life feel calmer or more manageable?

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Have you noticed changes in personal hygiene, clothing choices, or grooming habits?

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Is your loved one reluctant to ask for help, even when tasks are clearly difficult?

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Has managing appointments, errands, or transportation become stressful or time-consuming?

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Are you adjusting your own schedule, sleep, or responsibilities to provide care?

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Do you wish you had someone to help guide you through care options and next steps?

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Do you wish you had someone who could help share the responsibility of daily care?

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Would having a trusted caregiver make home feel safer and more comfortable?

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Scoring System

Yes : 2 Points

Sometimes : 1 Point

No : 0 Points

0-9 Points: Things Feel Manageable Right Now

Support is Always an Option - Even Before it's Needed.

It sounds like daily life is mostly going smoothly at the moment. You may not need extra support right now, but it's still helpful to check in periodically as needs change over time. Staying informed helps families feel prepared.

10-19 Points: Some Extra Support Could be Helpful

Support Doesn't Mean Doing Everything - It Means Sharing the Load.

Many families fall into this range. Daily tasks may be starting to feel more tiring or inconsistent, even if nothing feels urgent. Personal care can offer reassurance, routine, and comfort - even a few hours a week can make a meaningful difference.

20-29 Points: Additional Support May Bring Relief

Care Doesn't Replace Family - It Supports Them.

You may be noticing growing challenges or increased stress around daily routines.

Personal care could help create stability, safety, and peace of mind - for both your loved one and your family. Exploring options now may help prevent bigger challenges later.

30-40 Points: Additional Support is Likely Needed

You Can Do Anything - But Not Everything.

It sounds like daily challenges or caregiving responsibilities may feel overwhelming right now and impacting safety, routine, or peace of mind. Compassionate personal care support could ease stress, improve safety, and help your loved one feel more comfortable at home.