Quality Care Senior

COMPANION WORKSHEET · THE CHANGE THE DOCTOR WOULD WANT YOU TO NOTICE

The Family Watch List

A short, plain-language record of what you notice at home, ready to bring to your parent's next appointment.

> You do not need medical words to describe a change. Write down what you saw, when it happened, and what help was needed. A completed list is a note to discuss with a health professional, not a conclusion. If a change is sudden or seems urgent, contact a health professional promptly.

About my parent

_____

_____

Name · what they like to be called

Next appointment

_____

_____

Provider · date · time

Part one: what has changed in the past few weeks

Mark yes or no for each. A yes is a note to discuss, not a diagnosis.

Have you noticed a change in your parent's ability to...	Yes	No	Not sure
Follow a familiar household task or routine, such as a recipe they have made many times	☐	☐	☐
Plan or make an ordinary choice that used to feel straightforward, such as what to wear or what to cook	☐	☐	☐
Judge distance, space, or where an everyday object belongs	☐	☐	☐
Keep their usual mood or interest in familiar social activities	☐	☐	☐
Handle money, mail, or a household decision the way they used to	☐	☐	☐
Find their way around a familiar place, or follow a familiar route	☐	☐	☐
Keep up with the words for everyday objects, or follow a conversation	☐	☐	☐
Manage daily routines like bathing, dressing, or taking medications as before	☐	☐	☐

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An example for each yes

Write what you actually saw or heard. Leave out labels and guesses at the cause.

What happened	When and where	How it differed from their usual routine	What help, if any, was needed

Before the appointment

- **Keep the wording neutral.** Instead of writing that your parent seemed confused, note that they stopped midway through a familiar recipe and needed help finding the next step.
- **Include date and context.** A change noticed while cooking or paying a bill means more than an impression with no setting.
- **Ask your parent what they have noticed.** Their perspective belongs in the conversation. Listen without correcting or rushing them.
- **Bring several observations if you have them.** A pattern across weeks is more useful than one difficult afternoon.

At the appointment

- Hand over the list and describe the changes in the order they concerned you most.
- Say plainly that you are not asking for a diagnosis today, only for guidance on what to watch and what to check.
- Ask what would make a change worth calling about before the next visit.
- Write down what the clinician recommends, including any follow-up tests or referrals, and who is responsible for each.

Keeping notes with dignity

- Keep the list private and share it only with people involved in your parent's care.
- Tell your parent what you are writing and why. Being observed without knowing can feel like being watched.
- Record what is still working well, not only what has changed. It keeps the picture honest and useful.

Who does what: your notes describe what daily life looks like. A health professional evaluates possible causes and recommends next steps. Companion care supports everyday routines at home without taking the place of medical care. If a change is sudden or involves safety, contact a health professional promptly.

Contact Quality Care Senior Today
678-996-6929 · qualitycareseniorsittingservices.com/contact

This worksheet does not diagnose. Everyday changes can have many causes, and only a health professional can evaluate them. The Alzheimer's Family Care Kit is educational and does not diagnose.