Quality Care Senior

# The Senior Wellness Quick-Check

A quick way to see whether your parent needs more than a sitter — answer each question honestly, and let the pattern point the way.

Companionship matters, but some changes deserve a professional eye. This quick-check helps you tell the difference between a normal slow day and a pattern worth acting on. Answer each question for how things have been over the past few weeks, not one hard morning.

Check Yes or No for each question. When you finish, count your Yes answers — the guide below the checklist explains what the count means. This worksheet is educational and does not diagnose; only a qualified professional can evaluate your parent's health.

| Question | Yes | No |
|---|---|---|
| Does your parent struggle to manage more than three medications alone? | ☐ | ☐ |
| Have you noticed a decline in their ability to keep up with light housework? | ☐ | ☐ |
| Do they seem lonely or withdrawn even when people are around? | ☐ | ☐ |
| Are you, the primary caregiver, feeling exhausted or burnt out? | ☐ | ☐ |
| Has their doctor expressed concern about their safety at home? | ☐ | ☐ |
| Have you noticed unopened mail, missed bills, or forgotten meals? | ☐ | ☐ |
| Have there been trips, slips, or near-falls in the past month? | ☐ | ☐ |
| Have hygiene habits changed, such as wearing the same clothes for days or skipping bathing? | ☐ | ☐ |
| Have you noticed increased confusion, repeated questions, or evening restlessness? | ☐ | ☐ |
| Do you find yourself rearranging work or family plans more than once a week for their care? | ☐ | ☐ |

## What your Yes count means

**0–2 Yes:** Things look steady for now. Keep observing, and re-check in a month or after any health change. Small frictions are worth watching, not worrying about.

**3–4 Yes:** A pattern is forming. Write down what you are seeing (what changed, when, and how often) so a clinician can see the full picture, and consider a professional assessment.

**5 or more Yes:** Your parent likely needs more than a sitter. A heart-led professional care plan can protect their independence while giving you room to breathe. Reach out to talk through what support could look like.

### 1. Audit the daily routine

Spend a normal day observing without helping unless needed. Note where the friction points are: getting out of the chair, using the microwave, managing medications.

### 2. Schedule a professional assessment

Do not guess what your parent needs. A consultation can identify the specific areas where professional support will make the most impact.

### 3. Focus on relationship over tasks

When professional backup handles the logistics, your visits can be about sharing stories and making memories instead of catching up on chores.

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The signs do not prove Alzheimer's. This worksheet is educational and does not diagnose.