

Document changes in health and well-being during in-person visits.

In general, look for signs of trouble with or changes in thinking skills, vision, and physical activity.

### Physical and Mental Health

- 1. Have they lost weight, or do they seem more frail?
- 2. Do they have trouble having normal conversations?
- 3. Do you notice any strange new behaviors, like repeating stories or being unusually confused about simple things?
- 4. Are they squinting or tripping over things much more than usual?

Notes:\_\_\_\_\_

# **Getting Around**



- 1. Are their driving skills the same as before? Do they express nervousness or anxiety about driving?
- 2. Are there any unexplained dents or scratches on the car?
- 3. Have you heard about any traffic tickets?
- 4. Do they still participate in the activities they used to enjoy?
- 5. Are they reluctant to leave the house?
- 6. Are they keeping up with their usual friends and community organizations?

Notes:



### The Home

PA CareKit

- 1. Is the house messier or dirtier than normal?
- 2. Is there a lot of unopened mail? Are unpaid bills lying around?
- 3. Are there broken household items like clogged drains, burned out light bulbs, or broken appliances?

### The Kitchen

- 1. Is the refrigerator stocked with fresh foods they normally eat? Is there too much or too little food?
- 2. Are there signs, like empty containers, that your loved one is preparing and eating regular meals?
- 3. Is there an extensive amount of an item?
- 4. Is there moldy or expired food around?
- 5. Are there burned pots and pans? Or burn marks on the floors or counters?

#### Notes:\_



## Medication



- 1. Are there any new medications, vitamins, or supplements you haven't seen before?
- 2. Is their medication organized so it's easy to take the correct dose at the correct time?
- 3. Are expired medications mixed up with current ones?

#### Notes:

Source: clarity legal group.com