

This checklist can be used to take an inventory of areas where an older adult may need support. It can be helpful to make a note with the date so evolving needs can be monitored.

Environment

- The yard or house is not maintained.
- There's nothing to eat in the house.
- The fridge contains expired or spoiled food.
- Potholders or pans contain burn marks or a burning stove is left unattended.
- There are multiples of the same item--5 bottles of ketchup?
- The older adult has traffic tickets or the car has dents.
- The car's warning lights are on--gas, oil, check engine.
- Their living environment smells bad or stale.

Social

- The older adult stops doing the things they used to enjoy.
- The older adult is spending days without leaving the house.
- The older adult would benefit from someone checking on them every day.
- The older adult complains of feeling lonely or abandoned when you are away.

Financial

- Piles of mail in various places.
- Unopened personal mail.
- Increased thank you messages from charities.
- Letters from banks or creditors.
- The mail is unopened or bills are unpaid.

Up Close

- The older adult is unsteady, wobbly, dizzy or very weak.
- The older adult is looking unkempt, skipping showers, forgetting to shave.
- The older adult has gained or lost weight, potentially having difficulty with cooking or grocery shopping.
- The older adult refuses to take medications or seek medical treatment.
- Their personality has changed, become irritable or quiet.
- To do lists that never seem to get done.
- The house is overly cluttered.
- The older adult is recovering more slowly from injuries or surgeries.

Cognitive

- The older adult misses appointments, gets lost, forgets important information.
- The older adult has difficulty performing familiar tasks.
- The older adult substitutes unusual words.
- The older adult forgets recently learned information.
- The older adult puts items in illogical places.
- The older adult loses initiative and becomes passive or lethargic.
- The older adult has trouble following directions.