



The Home Care Readiness Checklist:

**10 Questions to Help You Decide
If It's Time**

Caring for a loved one is an act of love — but knowing when to seek support can be overwhelming. This checklist is designed to help you evaluate your loved one's needs and decide if in-home care might be the next right step.

There are no perfect answers, just honest reflections.

Use this tool to guide your conversations and choices with clarity and compassion.



 Checklist
10 Questions to Reflect On

	Yes	No	Unsure
1. Is your loved one forgetting medications or taking them incorrectly?	☐	☐	☐
2. Do they need help with bathing, dressing, or grooming?	☐	☐	☐
3. Are there signs of weight loss or poor nutrition?	☐	☐	☐
4. Have they experienced recent falls or unsteadiness?	☐	☐	☐
5. Is their home becoming cluttered, unsafe, or poorly maintained?	☐	☐	☐
6. Do they seem withdrawn, anxious, or lonely?	☐	☐	☐
7. Are they missing doctor appointments or forgetting important tasks?	☐	☐	☐
8. Do you or other family members feel overwhelmed by caregiving?	☐	☐	☐
9. Is transportation to errands or appointments becoming difficult?	☐	☐	☐
10. Would having regular support bring peace of mind to your family?	☐	☐	☐



“What Your Answers Reveal”

 for “Yes to 3 or more”

 for “Unsure to several”



“Clarity is the first step to confident care decisions.”

“Let’s Talk About Care — Together.”

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