



WEEKLY CARE GUIDE

As our loved ones age, hearing that they're "ok" isn't enough. They won't always ask for help, so here are some areas where you can evaluate the need for support.

Nutrition

- How did they eat the previous week?
- What will they be eating/drinking for the upcoming week?
- Meal prep 2-3 meals with several portions of each
- Prep fresh fruit/veggies or favorite snacks. Use easy to open containers.
- Assist with grocery shopping
- Ensure water glasses or water bottles are clean and easy to access.

Movement

- Are they getting some movement each day? (Short walks, stretching, etc)
- Address barriers to movement such as clutter, throw rugs, and other trip and fall hazards.
- Is everything they use regularly accessible?
 - Shoes/Jacket
 - Remotes
 - Cell phone and charger
 - Hobbies

Sleep

- How have they been sleeping?
- What will help them sleep a more appropriate amount (if needed) (more, less, etc)
- Assess path to restroom for trip/fall hazards, use nightlights if needed
- Alarm reminders for going to bed and waking up

Health

- Check quantity of medication, refill if necessary
- Ensure they are taking correct medications
- Note any new/worsening symptoms that may need to be addressed
 - Weight Changes
 - Are they able to hold a conversation
 - Mood
 - Forgetfulness
 - Signs of loneliness such as depression or withdrawal
- Appearance (hair, clean clothes, bruises or broken skin)

Homecare

- Light cleaning
- Check fridge for spoiled food
- Assess and address fall/trip hazards.
- Laundry
- Make sure all lights and appliances are in working order
- Ensure everything is stocked (toilet paper, paper towels, soaps, etc)

Finance

- Address upcoming bills, utility payments, or mortgage/rent
- Check for signs of impulse buying

Transportation

- Appointments
- Social Events

