

# Parent Care Assessment Checklist

## Daily Living Tasks

- ☐ Struggles with personal hygiene (bathing, grooming, dressing)
- ☐ Needs help preparing meals or eating properly
- ☐ Difficulty maintaining a clean and safe home
- ☐ Misses or forgets medications
- ☐ Trouble managing finances, mail, or appointments

## Mobility & Physical Health

- ☐ Unsteady on their feet or frequent falls
- ☐ Difficulty getting up from chairs or beds
- ☐ Noticeable weight loss or frailty
- ☐ Ongoing medical conditions requiring monitoring (e.g., diabetes, Parkinson's)
- ☐ Needs assistance with toileting or continence care

## Memory & Cognitive Wellbeing

- ☐ Increased forgetfulness (e.g., missing appointments, misplacing items)
- ☐ Confusion about time, place, or familiar faces
- ☐ Repeating questions or stories frequently
- ☐ Diagnosed with dementia or mild cognitive impairment

## Emotional & Social Health

- ☐ Signs of loneliness, depression, or anxiety
- ☐ Withdrawal from friends, hobbies, or activities
- ☐ Expresses feeling isolated or unsafe at home

## Safety at Home

- ☐ Concern about ability to manage safely in the kitchen
- ☐ Leaving doors unlocked, appliances on, or other safety risks
- ☐ Struggles to use stairs or navigate the home safely

## What Next?

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- 1-4 Checks: Some light support like companionship or help at home could make a big difference.
- 5-8 Checks: It is time to explore regular personal care and home help services.
- 9+ Checks: Consider more structured care solutions like overnight or live-in care.

### Need Guidance?

Call Choice Care 4U for a free, no-obligation consultation.

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