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[www.AgingSafely.com](http://www.AgingSafely.com)

## Is It Time Yet?

- **Activities of Daily Living**
  - Loss of mobility
  - Frequent falls
  - Weight loss or gain
  - Inability to maintain personal hygiene
  - Loss of usual pride in appearance
  - Change in sleep patterns
  - Inability to maintain home/yard
  - Inability to work in kitchen safely
  - Inability to process laundry
  - Inability to deal with mail
  - Inability to do errands outside the home
  - Any auto accidents?
- **Memory Problems**
  - Has short term or long term memory worsened?
  - If changes have been noted, has it been evaluated by the primary MD?
  - Are they living in the past?
  - Do you get vague and tangential answers to direct questions?
  - Are they unable to follow directions?
- **Medications**
  - Are they taking their medicine as ordered?
  - Do they need help with their medicine?
  - Is a mediset required and can they set it up?
  - Do they know why they are taking each medication? Do you?
  - Do they know the usual side-effects to the medicine? Do you?
- **Psych/Social Issues**
  - Lack of interest in usual activities
  - Are the drapes drawn all the time?
  - Loss of contact with family and friends, including phone contact
  - Are the neighbors concerned?
  - Is the family pet doing well?
  - Has control changed of any pre-existing mental health issue?
- **Support Structures**
  - Does a family member have a Durable Power of Attorney?
  - Are there Advanced Healthcare Directives?
  - Is there normal family interaction?
  - Is there normal interaction with friends?
  - Has the family discussed a plan for when help becomes necessary?