

Home Support Check-In Worksheet

A gentle way to notice when extra help at home might be useful

This worksheet is not a diagnosis or a decision.
It's simply a place to notice patterns, reflect without pressure, and clarify what support *might* help—now or later.

1. What first caught my attention?

Think back to the small moments that felt “off.”
There are no right or wrong answers.

- A phone call where they sounded more tired than usual
 - Changes in mood, energy, or motivation
 - Household tasks being skipped or rushed
 - A comment like “I’m fine, I just don’t feel like going out much anymore”
 - Something else:
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Notes:

2. Daily life check-in

Over the past few weeks, have you noticed any of the following?

Meals & Nutrition

- Meals becoming simpler than before
- Skipped meals
- Reliance on snacks or takeout
- Weight loss or reduced appetite

What I’ve noticed:

Home & Household

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- Laundry piling up
- Dishes left undone
- Housekeeping slipping compared to their usual standards
- Difficulty keeping up with errands

What I've noticed:

Mobility & Safety

- Minor falls or near-misses
- Hesitation with stairs or walking
- Bruises or soreness with unclear cause
- Increased fear of falling

What I've noticed:

Energy & Health

- Fatigue lasting longer than usual
- Slower recovery after illness or busy days
- Missed appointments or medications
- "Good days" followed by longer recovery time

What I've noticed:

Social & Emotional Well-Being

- Less interest in hobbies
- Fewer social plans
- Staying home more often
- Comments about loneliness or boredom

What I've noticed:

3. Looking at the whole picture

Individually, these things may not mean much. Together, they can show that daily tasks are taking more effort.

Patterns I'm noticing (if any):

Are these changes new, gradual, or increasing?

- New
 - Gradual
 - Increasing
 - Unsure
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4. How does this feel to think about?

This part matters just as much as the practical details.

- Concerned
- Unsure
- Relieved to notice it
- Overwhelmed
- Not ready to act yet

Thoughts or worries I'm carrying:

5. Reframing support

Support does **not** have to mean a loss of independence.

Light, flexible help can look like:

- A few hours a week with meals or errands
- Help with housekeeping or laundry
- A safety check-in visit
- Short-term support after illness or surgery
- Someone else handling the tasks that take the most energy

What type of support *might* be helpful (even hypothetically)?

6. A gentle next step (optional)

You do **not** have to decide anything today.

Possible next steps:

- Continue observing
- Have a casual, open conversation
- Ask them how things feel on their end
- Learn more about in-home support options
- Talk to a professional—without committing

One small step I feel comfortable with right now:

A final reminder

Noticing change is not overreacting.

Exploring support is not taking something away.

And starting the conversation does not mean you've decided the ending.

If you'd like, we're here for no-pressure conversations—simply to help you talk through what you're seeing and what options exist, at your pace.