

## Checklists for Families: Use When Something Changes at Home

This checklist reflects questions families often think through when something feels different—after a fall, missed calls, a hospital discharge, or subtle changes in routine.

It's meant to help organize thoughts and reduce uncertainty—not to diagnose, monitor, or push decisions.



### What Changed (If Anything)

- A fall or close call.
- A recent hospital stay or discharge.
- Missed or unanswered phone calls.
- A change in daily routines.
- Something feels different, but I can't explain why.
- Nothing specific—just a growing sense of uncertainty.

### Boundaries That Matter to Our Family

- No cameras.
- No audio recording.
- No wearables.
- No constant alerts or notifications.
- No replacement of caregivers or check-ins.

### What Feels New vs. What Feels Different

- Timing of daily activities feels different.
- Periods of quiet or inactivity feel longer.
- Check-ins feel less predictable.
- Confidence about “how things are going” has shifted.
- We're reacting more to worry than to information.

*Checklists are informational only and not a substitute for professional judgment or emergency services.*

### Time Alone & Check-Ins

- Lives alone most of the day.
- Alone part-time (overnights, weekends, between visits).
- Has scheduled caregiver or family check-ins.
- Relies mainly on phone calls or texts.
- We don't always know what happens between visits.

### What Reassurance Would Look Like Right Now

- Knowing routines are generally consistent.
- Noticing changes over time instead of guessing.
- Reducing “what if” thinking between visits.
- Being able to talk about changes with more confidence.
- Respecting privacy and independence while staying informed.

### Questions Families Often Ask Next

- Is this a one-time event or part of a pattern?*
- Are we responding to fear or to change?*
- What information would help us feel more confident?*
- How do we stay informed without intruding?*
- What would support—not replace—care look like?*

### How We're Thinking About Next Steps

- We're just gathering information.*
- We want to understand patterns, not decide yet.*
- We're preparing for a future conversation.*
- We want reassurance without escalation.*
- We're not ready to change anything right now.*

