

Watch for the Signs: A Checklist for Family Caregivers



Family Caregivers
of British Columbia

The following questions can help assess how the person you are caregiving for is managing in everyday living.

Directions: Answer the questions with a Yes or No and make note of observations, concerns, and changes you have recently noticed on your last visit or within the past few months with your care recipient.

How to Use the Information: Assign a number from 1 to 10 to areas where changes and concerns are noted, with 1 being 'little concern' and 10 being 'immediate action required.' Start by discussing changes with the person. If safety or memory is a concern, consult a medical practitioner.

Health/Medical	Y/N	Concerns/Changes
Complaints about chronic pain/discomfort?		
A new diagnosis or recent hospitalization?		
Taking meds as prescribed? Expired meds?		
Other:		
Cognitive or Memory Loss		
Safety Concerns: leaving stove or iron on?		
Do they repeat themselves?		
Issues of getting lost in their community?		
Do they regularly miss appointments?		
Piles of unopened mail, newspapers?		
Other:		
Physical & Functional Changes		
Signs of recent fall/other injury? Is the home safe?		
Changes in hygiene? "sniff test" result?		
Short of breath or more rests on outings?		
Frailer? Or gained weight due to less mobility?		
Clean clothes? Do they look unkept?		
Difficulty using bathroom, shower or toilet?		
Any changes in speech, hearing or vision?		
Is their fridge bare? Spoiled foods?		
Anyone else expressed any concerns?		
Traffic accidents/near misses? Driving concerns?		
Other:		
Mood & Behaviour		
Keeping current with news, involved in hobbies?		
Talk of hopelessness, depression, lonely?		
Socially isolated - can't get out often?		
Any mood swings or getting angry quickly?		
Any paranoia or delusions?		
Other		