

MEMORY CARE CONSIDERATION CHECKLIST

Is it time to consider additional support for someone you love?

Changes in memory happen differently for every person. One sign alone may not mean Memory Care is needed, but increasing or repeated concerns, especially those involving safety, daily routines or caregiver well-being, may be worth discussing with a healthcare professional. Go through this checklist and check any changes you have noticed.

SAFETY AND AWARENESS

- ☐ Getting lost or confused in familiar places
- ☐ Wandering or attempting to leave home unexpectedly
- ☐ Leaving appliances, water or other household items on
- ☐ Increasing falls or other safety concerns
- ☐ Difficulty recognizing potentially dangerous situations
- ☐ Confusion about time, place or surroundings

DAILY ROUTINES AND PERSONAL CARE

- ☐ Forgetting or incorrectly taking medications
- ☐ Difficulty preparing meals or forgetting to eat
- ☐ Noticeable changes in hygiene or grooming
- ☐ Difficulty dressing appropriately
- ☐ Trouble completing familiar everyday tasks
- ☐ Increasing need for reminders or supervision

MEMORY, BEHAVIOR AND COMMUNICATION

- ☐ Memory loss is beginning to interfere with everyday life
- ☐ Frequently repeating questions or conversations
- ☐ Increasing confusion, anxiety or agitation
- ☐ Changes in personality or behavior
- ☐ Difficulty communicating needs
- ☐ Becoming increasingly withdrawn or isolated
- ☐ Sleep patterns or daily routines have changed significantly

CAREGIVER AND FAMILY WELLNESS

- ☐ Someone needs to be available or supervising most of the time
- ☐ Responsibilities are becoming difficult to balance with work
- ☐ The primary caregiver is experiencing exhaustion or burnout
- ☐ You worry about your loved one when they are alone
- ☐ Family disagrees about whether the current situation is still safe
- ☐ Providing the level of care needed is becoming difficult at home

QUESTIONS TO ASK YOURSELF

Has your loved one's world become smaller due to memory loss?

☐ Yes ☐ Sometimes ☐ No

Are safety concerns becoming more frequent?

☐ Yes ☐ Sometimes ☐ No

Does your loved one need more structure/ supervision than before?

☐ Yes ☐ Sometimes ☐ No

Would they benefit from more socialization/meaningful activities?

☐ Yes ☐ Maybe ☐ No

Are you providing more care than you feel you can safely sustain?

☐ Yes ☐ Sometimes ☐ No

WHAT HAPPENS NEXT?

There is no magic number of checked boxes that means it is “time” for Memory Care.

Instead, look for patterns. If several of these concerns are becoming frequent, affecting safety or making it difficult for your loved one to live comfortably at home, it may be time to start a conversation.

You don't have to make a decision today. Learning about your options before a crisis happens can give your family more time to ask questions, compare choices and make a thoughtful decision together.

WE ARE HERE TO HELP!

Have questions about Memory Care? The team at The Columns is available for a private, no-pressure conversation about what you're seeing, what your family needs and what additional support could look like. Request a confidential conversation or schedule a Memory Care tour by visiting www.thecolumnsassistedliving.com



This checklist is intended as an educational resource and is not a diagnostic tool or substitute for medical advice. New, sudden or concerning changes in memory, behavior or functioning should be discussed with a qualified healthcare professional.