Is It Time for Help at *Home?*



A 2-Minute Family Check-In

Small changes add up. Check what you are noticing — for your loved one and for the person providing most of the care.

FOR YOUR LOVED ONE

- ○ Falls or near-falls
- ○ Showering or bathing feels less safe
- ○ Trouble dressing or toileting
- ○ Difficulty getting in or out of bed/chairs
- ○ Meals are skipped, simplified, or less nutritious
- ○ Medication routines are becoming confusing
- ○ Increasing isolation or difficulty getting out
- ○ Needs reminders, cueing, or redirection
- ○ Poor judgment or other safety concerns
- ○ Seems okay only when someone else is there
- ○ Daily tasks take so much energy there is little left for enjoyable things

FOR THE CAREGIVER

- ○ Cannot leave the house without worrying
- ○ Work, church, exercise, errands, or friendships are getting squeezed out
- ○ Not getting enough good sleep
- ○ Always listening, checking, reminding, or supervising
- ○ Doing most of the cooking, cleaning, lifting, driving, and appointments
- ○ Feels constantly ‘on duty’
- ○ Becoming physically tired, sore, or run down
- ○ Feeling irritable, resentful, overwhelmed, or simply done
- ○ Worried about what might happen next
- ○ Has little or no true time off
- ○ Uses so much energy caregiving there is little left for their own life

THREE QUESTIONS TO ASK

1	What is becoming difficult or unsafe for the person I love?
2	What is becoming too much for the person caring for them?
3	Are we using all of our energy just getting through the day instead of having enough left to enjoy it?



You do not have to wait for a crisis

Help can start small — a few hours, a shower, a meal, companionship, supervision, or simply giving the family caregiver some time off.

The goal is not to take independence away. It is to preserve safety, energy, connection, and the things that make life feel like life.



Book a free in-home assessment

Let's talk about how your loved one spends their days and where companionship or practical help could make a difference.

888-591-0017 | info@qualicare.com

Qualicare Home Care • Qualicare.com

Qualicare