



ARE YOU A CAREGIVER IN NEED OF HELP?

Our checklist can help you decide in the event you're unsure. If you answer **YES** to four or more situations described in this questionnaire, please contact **Golden Age @ Home** – *we can help!*

Medical:

- Is the person you care for unable to follow medication instructions or make health care decisions?
- Do you no longer have time for all the health care providers' appointments?
- Has the medical condition of the person you care for become too complex for you to manage alone?

Safety:

- Does the person you care for become lost or disoriented when away from home or in a familiar environment?
- Have you ever found burnt pans in the kitchen; a hot iron unattended; or other possible dangers?
- Does the person you care for drive unsafely?
- Does the person you care for fall or frequently injure themselves?
- Does the person you care for have hoarding tendencies?

Financial:

- Is mail left unopened?
- Are bills late or overdue?
- Is the checking account overdrawn or are credit card limits exceeded?
- Is the person you care for confused about money and financial decisions?
- Can the person you care for no longer read or write clearly enough to manage a checkbook?



Sleep:

- Are your nights interrupted by repeated calls for help?
- Do you feel tired in the morning due to loss of sleep?
- Is the person you care for unable to sleep regular hours?
- Are you taking time off work to address caregiver issues, or struggling to meet the needs of your own family?

Health:

- Has hygiene neglect become an embarrassment or health issue?
- Are there no fresh or nutritious foods in the refrigerator?
- Has the person you care for lost weight?
- Is the person you care for in need of pre/post-surgical support and follow-up care?

Abuse or Neglect:

- Is someone taking advantage of the financial resources for the person you care for?
- Has any family member's frustration, connected to the person being care, for resulted in verbal or physical violence?

Isolation:

- Has the person you care for become isolated, sad, lonely, confused, anxious or angry?
- Have you become isolated, sad, confused, anxious or angry?

If you have answered **YES** to four or more situations described in this questionnaire, please call us at **850.878.0034**, or email us at **info@goldenageathome.com** – *we can help!*