



Signs Your Parent May Need a Little Extra Help

Your Family's Co-Pilot

Use this on your next visit home or phone call with Mom or Dad. Check anything you notice. It isn't a test, just a simple way to see how everyday life is going.

01 Around the house

- ☐ Mail, newspapers or packages piling up
- ☐ Bills unopened, paid late, or paid twice
- ☐ Expired food, or very little food, in the fridge
- ☐ Repairs and yard upkeep that keep getting put off
- ☐ Pet care is harder to keep up with

02 Social & everyday life

- ☐ Fewer outings with friends, church or clubs
- ☐ More time at home alone than they'd like
- ☐ Holidays and visits feel harder to get ready for

03 Driving & errands

- ☐ Avoiding driving at night or on the highway
- ☐ Groceries and pharmacy runs getting put off
- ☐ Relying more on neighbors or friends for rides

04 Calendar & appointments

- ☐ Missed, forgotten or double-booked appointments
- ☐ Prescription refills not picked up on time
- ☐ Unsure when the next doctor visit is
- ☐ Service visits (HVAC, pest control, lawn) slipping

05 Technology

- ☐ The phone, TV remote or streaming apps cause frustration
- ☐ Trouble with the computer, tablet, email or passwords
- ☐ Video calls with family are hard to set up
- ☐ Suspicious calls, texts or emails, or unsure which are real

A gentle note: Checking a few boxes doesn't mean something is wrong. Often it simply means a little help would make everyday life easier. If anything you notice concerns you about health, memory or safety, talk with your parent's doctor.



CHECKED A FEW?

Let's talk it through together.

Free 30-minute family assessment, in person or by video. No obligation. Scan to book.

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(706) 834-2126

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