



## What To Do When You Notice Your Parents Getting Older

This checklist has been designed by [EIWell](#) to help you consider what the main areas of concern are with your parents, and what you want to talk to them about. It will help you prioritise your thinking and be focused in your approach. So you can get them the right care and support – and help yourself too.

There's more detail about how to use this checklist in our [caregiving survival guide](#).

	<b>Yes (plan to talk about it)</b>	<b>No (doesn't need to be included in conversation)</b>	<b>Unsure (May ask if I have enough time)</b>
<b>Health</b>			
Clinical symptoms (i.e. pain, shortness of breath)			
Medications			
Falls			
Memory			
Appetite / diet			

Fitness level			
<b>Example question</b>	<b><i>I have noticed you look uncomfortable when you get up from the chair, are you in pain?</i></b>		
<b>Environmental</b>			
Signs of neglect at home (dirty, cluttered)			
Lighting			
Garden (help needed?)			
Washing and domestics			
Cooking ability			
<b>Example Question</b>	<b><i>It is quite dark in here, are you able to see well to read in here?</i></b>		
<b>Social / Emotional</b>			
Hobbies			
Social circle			
Loneliness and mood			
Grief			
<b>Example Question</b>	<b><i>I know it's harder to go out at the moment, are you managing to keep up with your hobbies?</i></b>		

<b>Organisation</b>			
Finance			
Legal			
Safety, scams, fire alarms			
Appointments and admin			
<i>Example Question</i>	<i>Have you thought about who you want to be your power of attorney?</i>		