

Should Your Senior Live Alone?

Safety Needs

- Has your relative had accidents because of weakness, dizziness, or inability to get around?
- Has the use of the stove, oven or appliances become a safety problem because of forgetfulness?
- Are there hazardous conditions in his or her home, such as the bathroom or bedroom being on separate floors?
- Have stairs become an obstacle?
- Does your relative refused to use a wheelchair, Walker, or other assistive devices necessary for safety and therefore is at risk for falling?
- Does your relative expresses desire to die, or seemed to be depressed, apathetic or without interest in living?

Nutritional Needs

- Is there demonstrated nutritional problem (weight loss, illness or anemia)?
- Does relative eat only inappropriate foods that will not supply nutritional needs?
- Does your relative forget to eat?

Personal Needs

- Is your relative unable to get to the toilet when necessary?
- Is your relative unable to change clothing or bed linen linens as necessary to remain clean and dry?
- Are they able to do laundry and housework?

Medical Needs

- Does your relative forget to take necessary medications ?
- Is it likely that your relative will take an inappropriate dose of medicine purposefully or accidentally?
- Is relative physically unable to handle medications (spills or drops them) or to give injections?
- Is your relative unable to obtain help in case of need?

Social Needs

- Is your relative unable to handle money?
- Does your relative get lost in familiar situations?
- Has your relative left without a destination?
- Does relative often behave inappropriately?
- Does your relative have mental or emotional problems which might be a threat to self or others?

If you answered "Yes" to **5 to 9** of these questions, you should be thinking of, and planning for, the probability that a relative will need additional care and support in the future. It might be time to think about completing **Power of Attorney for Finances** and **Health Care** for future decision-making events. If you answered "Yes" to 10 or more of these questions, support services are very likely immediately necessary. Might want to look into private duty or homemaker services or care at a facility other than your relative being home alone.