

The Kitchen Table Check-In

10 signs Mom or Dad may need more help at home. One sign on its own usually doesn't mean much. Look for a pattern, or a change from how they used to be.

Visit date: _____ Visit date: _____ Visit date: _____

Zone 1 · The House

- ☐ **1. The kitchen**
Spoiled food or an empty fridge · the same item bought again and again · scorched pans or the stove left on. Are they eating real meals?
- ☐ **2. Housekeeping has slipped**
Laundry piling up · trash overflowing · yard left to grow wild. Bending, lifting and stairs may have become hard.
- ☐ **3. Unopened mail**
Piles of unopened envelopes · late notices · unusual repeat payments. For now, just notice.

Zone 2 · The Routine

- ☐ **4. Medications**
Organizer days still full · bottles running out too fast or too slow. Ask the pharmacist to review them with you.
- ☐ **5. Missed dates**
Appointments, birthdays, trash day, especially if they never used to miss them.
- ☐ **6. Driving**
New dents or scrapes · getting lost on familiar routes · nervous passengers.

Zone 3 · The Person

- ☐ **7. Weight and appearance**
Clothes looking loose · same outfit days in a row · hygiene that used to matter.
- ☐ **8. Moving around**
Holding on to furniture · avoiding stairs · unexplained bruises or a “little fall”. Mention any fall to their doctor.
- ☐ **9. Mood and social life**
Pulling away from friends and hobbies · seeming down or anxious · not quite themselves.
- ☐ **10. Memory and confusion**
Repeating stories or questions · confused about the day · struggling with familiar tasks. Not a diagnosis: talk to their doctor.

What to do next

- ☐ **Notice and write it down**
Use this sheet over two or three visits. Dates and specifics beat “Dad seems off”.
- ☐ **Talk with them, not about them**
Start with what they want: “What would make the week easier?”
- ☐ **Connect with help**
Eldercare Locator (US): eldercare.acl.gov · 1-800-677-1116 (call or text)

Practical education only, not medical, legal, or financial advice. If anything worries you about your parent's health or memory, their doctor is the right next call. · carewithnora.com