

What's The Situation?

Use this checklist as a guide to work out what your older loved one needs help with and how often



What do they need help with?

Cleaning the house

Can they manage to keep the kitchen clean? Is the fridge clean? Is the bathroom and toilet cleaning neglected? Is dust accumulating on higher surfaces? Have the fans and air conditioners been cleaned?

Yard maintenance

Do you mow their lawn on weekends? Do the grandchildren mow the lawns? Do you pay for a lawn mowing contractor to mow their lawn? Who does the weeding or pruning?

Grocery shopping

Do you take your older loved one to the shops and assist with shopping? Do you pick up groceries and drop them off on your way home from work? Do you arrange Click & Collect for them?

Preparing meals and eating

Do you cook meals on the weekends, freeze them and drop them over to your older loved one? Do you buy frozen meals for them? Have they lost weight recently? Has their preference for food changed?

Mobility and transport

Do they use a walking stick or 4WW, do they lean against the furniture or walls to stabilise themselves, are their shoes comfortable and sturdy or have they had a fall? Do they have trouble getting out of a low chair or out of bed? Are they dependent on you for transport?

Laundry

Can they only manage to handwash underwear and small items, can they remove the sheets from the bed, wash the sheets, hang them out and remake the bed?

How much time does it take to support them?

Cleaning the house

Do you engage a private cleaner each week and then tidy up the bathroom on weekends? Add up the total time offered to support your older loved one with cleaning.

hours
each week

Yard maintenance

Is someone else mowing the yard weekly or fortnightly? Who is doing the pruning, mulching and cleaning of the gutters?

hours
each week

Grocery shopping

How much time does it take for you to drive to the shops, complete the shopping and drop it off to your older loved one's home and unpack?

hours
each week

Preparing meals

How much time does it take you to prepare meals for your older loved one? Do they have a special diet that requires additional time to prepare? Do you have to be there to ensure they eat?

hours
each week

Mobility and transport

Will they only negotiate stairs when someone else is present? Can they only attend appointments if you take them, ensuring they don't fall getting out of the car? Should you consider a disability parking permit?

hours
each week

Laundry

Do you wash the towels and sheets each weekend? Can they reach the clothesline? Do they hang the washing over the furniture to dry?

hours
each week



What do they need help with?

Personal care

Do they need someone to be present in the home when they have a shower? Are they neglecting to shower regularly and have you noticed body odour? Is their hair brushed or matted? Has your elderly father stopped shaving? Are they wearing the same clothes each time you see them?

Medications

Have you arranged for medications to be Webster packed? Do you set up a dosette box each week? Do you phone them to prompt them to take medications? Do you fill their prescriptions for them or does the chemist drop the medications off?

Pain

Is pain preventing them from managing their day to day activities? Does pain prevent them from sleeping well?

Memory

Have you noticed they are becoming more forgetful? Or calling you during the day to be reminded about things? Or calling you for reassurance? Or misplacing things? Or not recognising people who they previously knew?

Mood

Has your older loved one become disengaged from social activity? Do they refuse invitations to meet with friends? Have they lost their appetite? Do they seem more withdrawn?

How much time does it take to support them?

Personal care

Do you phone your older loved one and prompt them to have a shower? Have you noticed dirty clothes concealed around the house or put back in the cupboard without being washed? Do you have to take them to the hairdresser? Do you suspect they are incontinent?

hours
each week

Medications

How much time each week does it take for you to follow up with the GP and chemist to ensure their prescriptions are filled? Have you noticed they haven't been taking their medication? Or have the doubled dosed themselves?

hours
each week

Pain

Consider options to address pain and promote reablement

hours
each week

Memory

Has the change in memory or cognitive function been dismissed as 'age related' or is it denied by you older loved one?

hours
each week

Mood

Low mood or depression can mimic an emerging cognitive impairment. It is difficult to discuss this topic but important to acknowledge and investigate.

hours
each week

Use this checklist to reflect on the support your loved one needs at home. Think about the support you provide and the support neighbours or friends provide. Each aspect of support may not seem significant on its own, but collated, will begin to show a 'level of support' that reflects which program is most appropriate to enable your loved one to remain at home. When you've worked out all the tasks

your loved one is being assisted with and have an idea how many hours this takes each week, keep this checklist on hand for when you make contact with My Aged Care, or when you're having a RAS or ACAT assessment. Also consider if you removed yourself from your caring role, could your older loved one manage at home? This will clearly indicate to you just how much assistance they need.