The following checklist will help you identify your care needs. With this information, your health care provider can help you customize a care solution. You can print this checklist and check the box next to any items that you have recently observed.

Do you or your loved one...

**Mental**
- Feel forgetful, confused or lost
- Mix up or forget to take medications
- Miss doctors’ appointments
- Overlook things that pose a safety concern
- Struggle to pay bills or buy food
- Receive a lot of junk mail
- Write checks or withdraw money to make payments to unfamiliar people or companies
- Act secretive while on the phone

**Emotional and Social**
- Feel lonely or depressed
- Feel frustrated or stressed
- Take less interest in things previously enjoyed
- Avoid people and social interaction
Memory loss and confusion can be signs of Alzheimer’s disease.

Do you or your loved one...

**Physical and Medical**
- Sleep more often or have less energy
- Notice a change in eating habits
- Have difficulty walking, dressing, eating or bathing
- Have trouble cleaning or maintaining a household
- Fall more often or bruise more easily
- Need medical attention or additional personal care
- Take medication that you think needs to be adjusted
- Need daily/weekly treatments, such as dialysis or IV therapy
- Use medical equipment, such as an oxygen tank