

SAFETY & WELL-BEING CHECKLIST

Visiting Older Loved Ones Who Live Alone

If you're visiting an older adult who lives alone, you can use this checklist to evaluate their level of home safety and gauge their general well-being.

Food, Nutrition & Kitchen Safety

- YES NO Do they keep a well-stocked pantry and a variety of fresh fruit and vegetables on hand?
- YES NO Are they aware of foods that may interact adversely with their medications?
- YES NO Are they able to buy groceries independently, or, if not, are they using a grocery delivery or a meal delivery service?
- YES NO Is there expired or rotten food in the refrigerator?
- YES NO Can they prepare a meal without assistance?
- YES NO Can they easily operate a microwave?
- YES NO Do they have a healthy appetite?

Notes:

Communication & Cognitive Function

- YES NO Do they recognize family and friends?
- YES NO Can they hold a coherent conversation?
- YES NO Do they show any atypical signs of memory loss?
- YES NO Have they ever gotten lost in the community or experienced an episode of confusion?
- YES NO Can they clearly communicate needs?

Medications & Health Status

- YES NO Have they visited a dentist, optometrist or physician in the past year?
- YES NO If they wears glasses, are the glasses in good shape?
- YES NO Do they show any signs of poor vision, such as squinting or sitting too close to the TV?
- YES NO Are they maintaining a healthy, consistent weight? Have you noticed any weight loss?
- YES NO Are you aware of what medications and supplements they are taking?
- YES NO Are they taking medications as directed?
- YES NO If they are self-administering medical treatment such as oxygen, injections or wound-care, is it being monitored and managed effectively?

Notes:
