Care & Co Match

Could it be time for a little extra support?

Changes can happen gradually. This checklist can help you recognise some of the signs that a parent or loved one may benefit from additional support.

AROUND THE HOME

- [ ] The house isn't being maintained as it once was
- [ ] Unopened mail, unpaid bills or paperwork is accumulating
- [ ] Food is going out of date or there is little food available
- [ ] Household tasks such as cleaning or laundry are becoming difficult
- [ ] There are new safety concerns around the home

HEALTH AND PERSONAL CARE

- [ ] Medication is being missed or confused
- [ ] Personal hygiene or grooming has changed
- [ ] There has been unexplained weight loss
- [ ] Medical appointments are being forgotten or missed
- [ ] There have been falls, near-falls or changes in mobility

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EVERYDAY ACTIVITIES

- [ ] Driving is becoming more difficult
- [ ] Shopping or preparing meals is harder
- [ ] They need increasing help with everyday tasks
- [ ] They seem more tired or overwhelmed by things they previously managed

SOCIAL AND EMOTIONAL WELLBEING

- [ ] They are going out less often
- [ ] They have stopped activities they previously enjoyed
- [ ] They seem increasingly isolated, anxious or withdrawn
- [ ] A partner or family carer appears overwhelmed

Noticed one or two of these signs?

It doesn't automatically mean someone needs aged care. But it may be a good time to have a conversation and understand what support is available.

A little planning now can make things much easier later.

Talk to a Care Concierge about your family's situation and get clear, practical guidance on your next steps.

CALL US
1300 585 759

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