

Question 1: "What's really going on?" Checklist

Take a minute before moving on and think about:

Four ages

Of the four ages: Chronological, Physical, Cognitive, Psychological, which one is the most "pressing" for your family member? _____ Why? _____

Observe, Ask, Research

How is your family member "feeling?" _____

How are you "feeling?" _____

Has your family member exhibited any behavior changes? What are they? _____

Physical? Emotional? Psychological? _____

How often is this behavior occurring? _____

What is the situation for the senior in their *Environment, State of Mind, Physical, and Mental Abilities*? Which of these areas needs to be addressed first?

Have you started researching available resources and programs? _____

Local _____

State _____

National / Federal _____

It is important as you begin this process to have support for facing these transitions. Are you prepared to discuss the situation with others? If so, who? When? If not, why not?

What else can you do to positively start moving forward toward the situation?

