



In Care of Dad

Caregiving Basics: Step One Assess The Situation

- 🕒 Determine the mental state of your parents. Are they cogent? Are there any problems with communication or comprehension? If their behavior is delusional or their speech is disconnected, seek professional help right away.
- 🕒 Are your parents eating regularly? Are they losing weight? Who is preparing their meals? Check the refrigerator – is it empty or full? What kind of food is in there? Is it fresh or no longer edible?
- 🕒 Are your parents taking their medications?
- 🕒 Are they wearing clean clothes?
- 🕒 Does the house or apartment look like it's being kept up? Is it clean? Is there evidence of regular maintenance?
- 🕒 Can your parents bathe and dress without assistance?
- 🕒 Are they incontinent?
- 🕒 Are the bills being paid? Check for piles of unopened mail.
- 🕒 Can your parents get around? Can they drive? Can they walk?
- 🕒 Are they safe living in their current living situation? If you suspect a problem, check for any bruising or stray burn marks on their clothing, or any evidence that might indicate carelessness or dangerous behavior.
- 🕒 What help are they able to afford? What kind of health insurance do they have? Do they have long-term care insurance? What does it cover?