Daughters of Naomi

Is Mom Still Safe at Home?

The signs worth watching, and a loving walk-through of your parent's home.

Parent's name: _____ Visit date: _____

Decline rarely announces itself. It accumulates quietly, in small things that each seem explainable on their own. On your next visit, walk through slowly, not as an inspection, but with love and clear eyes. Your vigilance is not distrust. It is the watchful love that keeps them safe. — *Becky*

PART 1 · THE SIGNS WORTH WATCHING

	Noticed · Date
☐ Repeated forgetfulness, especially of appointments or conversations you just had	
☐ Missed medications, duplicate prescriptions, or confusion about dosages	
☐ An unkempt home that was once tidy and well-maintained	
☐ Spoiled food, unusual eating habits, or significant weight loss	
☐ Difficulty managing finances, missed bills, or unfamiliar transactions	
☐ Social withdrawal: missing church, skipping events, pulling away from friends	
☐ Disorientation or confusion, especially at unusual times of day	
☐ Physical frailty: unexplained bruises, falls, or difficulty moving around	
☐ A general sense that something is different, even when you can't name it. Trust it.	

When the mind begins to change

☐ Asking the same question several times in one conversation	
☐ Confusion about the day, month or year, or getting lost on a familiar route	
☐ Trouble following a conversation or TV program, or finding words, consistently	
☐ Mood or personality changes: suspicion, anxiety, anger or tearfulness	
☐ Poor judgment: giving money to strangers, leaving the stove on, doors unlocked	
☐ Routine tasks now a struggle: bills, recipes, keeping track of medications	

None of these signs alone means your parent has dementia. An infection, thyroid issues, medication interactions or depression can look like memory loss and are treatable. That's exactly why these signs matter: they're your reason to call the doctor.

PART 2 · WALKING THROUGH THE HOUSE

Needs attention

Outside

- [ ] A step at the front door with no handrail
- [ ] A dark pathway to the entrance
- [ ] Uneven pavement, loose steps or clutter between the car and the door

Notes:

Moving through the house

- [ ] Cluttered hallways, cords or objects on the floor
- [ ] Dim hallways, or no light at the top and bottom of stairs
- [ ] Loose rugs, slippery floors or uneven transitions between rooms

Notes:

The kitchen

- [ ] She has to climb or stretch to reach what she needs
- [ ] Appliances that are hard to operate, or scorched pans
- [ ] Expired food, or little sign of regular meals

Notes:

The bathroom (where falls happen most)

- [ ] No grab bar in the shower or tub, or no non-slip mat
- [ ] Trouble getting on and off the toilet
- [ ] The only bathroom is up a flight of stairs

Notes:

The bedroom

- [ ] The bedroom isn't on the main floor
- [ ] Hard to get in and out of bed
- [ ] No lamp, phone or medical alert device within reach of the bed

Notes:

The stairs

- [ ] Handrails loose or missing
- [ ] Steps hard to see, cluttered or poorly lit

Notes:

The overall picture

- ☐ Heating, cooling or plumbing not working
- ☐ Mail piling up, or repairs being put off
- ☐ The home isn't clean enough to be safe

Notes:

PART 3 · WHAT TO DO WITH WHAT YOU FOUND

1. **Don't act alone.** Bring your siblings into the conversation. Decisions made together hold better. (Our Family Meeting Guide can help: daughtersofnaomi.org/meeting)
2. **Get a professional assessment.** Ask your parent's doctor for an evaluation. It takes the burden of judgment off your shoulders.
3. **Research options before you need them.** The time to learn about in-home care and assisted living is before tomorrow's emergency.
4. **Keep writing it down.** Dates, incidents and changes. This record matters when you talk to doctors and siblings.
5. **Give yourself grace.** Recognizing that your parent needs help is not a failure of love. It is an act of it.

MY NEXT STEPS

The three things that concern me most:

1.
2.
3.

I'll talk with: Doctor visit: