

The *"I'm Fine"* Reality Checklist

A Practical Guide to Recognizing Changes That Matter

When a parent says, "I'm fine," it is often because maintaining independence is important to them. Use this checklist during your next visit to help identify changes that may deserve a closer look. Check every box that applies.

Physical &
Medical Safety



- ☐ Frequent falls or difficulty balancing?
- ☐ Unexplained bruises or changes in the way they walk?
- ☐ Missing dosages or confusing pill schedules?
- ☐ Untreated pain or visible signs of discomfort?

Cognitive &
Emotional
Well-being



- ☐ Significant memory lapses or confusion?
- ☐ Increased isolation or withdrawal from hobbies?
- ☐ Frequent repetition or inability to follow conversation?
- ☐ Increased agitation, irritability, or mood swings?

Home
Safety



- ☐ Unusual clutter, mail buildup, or unsafe walkways?
- ☐ Unclean living space or spoiled food in kitchen?
- ☐ Appliances left on or safety hazards unaddressed?
- ☐ Signs of neglect or inability to manage chores?

Calculate your score on the next page

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Calculate Your Score

Count the total number of checked boxes above to find your family's current care phase:

1 to 3 Checks | Early Awareness Phase

Your parent is managing, but minor gaps are forming. This is the ideal window to introduce minor home safety modifications or light companion care before a crisis happens.

4 to 6 Checks | Time To Explore Options

Clear safety and cognitive risks are present. It is time to look into private in-home care agencies or tour local assisted living communities to protect their daily well-being.

7+ Checks | Significant Support Needed

Multiple concerns may be affecting your parent's safety, health, or daily well-being. This may be a good time to seek professional guidance and explore additional support options to help ensure their needs are being met.

No matter your score, you don't have to navigate this alone. Turn to the next page to see how we can build a safe roadmap together.

