

# Weekly Care Guide

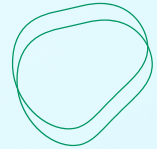


As our loved ones get older, simply hearing that they're "fine" may not be enough. They might not always ask for help, so here are some things to look at to see where they might need support.

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## Nutrition -

- **How did they eat last week?**
- **What meals or drinks do they have planned for next week?**
- **Prepare 2-3 meals with extra portions for later.**
- **Cut up fresh fruit or veggies, and pack their favorite snacks.**
- **Use containers that are simple to open.**
- **Help with grocery shopping.**
- **Make sure their water glasses or bottles are clean and easy to reach.**



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## Movement -

- **Are they getting some exercise every day? (Like short walks, stretching, or similar activities)**
- **Look for things that might be in the way, like clutter or rugs, that could cause trips or falls.**
- **Make sure everything they use often is easy to reach and accessible.**
- **Shoes/Jacket, Remotes, Cell phone and charger, Hobbies**

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### Sleep

How have they been sleeping?  
What changes can help them sleep better (more or less sleep)?  
Check the path to the restroom for any obstacles or trip hazards, and consider using nightlights if needed.  
Set up alarms to remind them when it's time to go to bed or wake up.

### Health

Check if they have enough medication and refill it if needed.  
Make sure they're taking the right medications.  
Pay attention to any new or worsening symptoms that might need attention.  
Weight Changes  
Are they able to hold a conversation  
Mood

### Homecare

Check if they have enough medication and refill it if needed.  
Make sure they're taking the right medications.  
Pay attention to any new or worsening symptoms that might need attention.  
Weight Changes  
Are they able to hold a conversation

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### Finance

Take care of any upcoming bills, utility payments, or rent/mortgage.  
Check for signs of impulse buying

### Transportation

Appointments  
Social Events