

Is It Time for Home Care?

A Thoughtful Checklist to Help Families Decide with Confidence

Elevé Home Care

Elegant • Compassionate • Clinically Informed

Serving Columbus and surrounding communities

Trust
Compassion

Families often tell us the same thing:

“We know something has changed... we just aren't sure what to do next.”

Deciding whether to bring home care into your life isn't always clear-cut. It's rarely one big moment, more often, it's a series of small signs that quietly add up over time.



A Gentle Place
to Start

This checklist is designed to help you pause, observe, and reflect, without fear, urgency, or guilt.

There are no right or wrong answers here.

This is simply a tool to help you determine whether additional support at home could bring safety, comfort, and peace of mind to you and your loved one.

A white oval graphic with a thin border, containing the title text.

HOW TO USE THIS CHECKLIST

Instructions

Read each section slowly and check any items that feel familiar or concerning.

You may find yourself checking just one or two items , or many.

If you recognize multiple areas of concern, it may be a sign that home care support could be helpful, even on a part-time basis.

You do not need to wait for a crisis to ask for help.



PHYSICAL &
FUNCTIONAL
CHANGES

Check any that apply:

- Recent hospitalization, surgery, or rehabilitation stay
- Increased fatigue or weakness
- Difficulty walking, standing, or transferring safely
- More frequent falls or near-falls
- Trouble with bathing, dressing, or grooming
- Decline in balance or coordination
- Difficulty managing stairs or uneven surfaces
- Shortness of breath with routine activities
- Pain that limits daily movement

Reflection:

Even subtle physical changes can increase the risk of injury or complications at home, especially during recovery or aging.

COGNITIVE & EMOTIONAL CHANGES

Check any that apply:

- Increased forgetfulness or confusion
- Difficulty following routines or schedules
- Missed medications or appointments
- Changes in mood, anxiety, or irritability
- Withdrawal from activities or social interaction
- Trouble managing finances or paperwork
- Difficulty using appliances or technology safely

Reflection:

Cognitive and emotional changes are often overlooked , yet they significantly impact safety, independence, and quality of life.

DAILY LIVING & HOME SAFETY

Check any that apply:

- Difficulty preparing meals or remembering to eat
- Poor hydration or skipped meals
- Clutter or disorganization creating fall risks
- Difficulty keeping up with laundry or housekeeping
- Unclear medication organization
- Bathroom or bedroom safety concerns
- Poor lighting or trip hazards in the home

Reflection:

Home care is often less about “doing everything” and more about keeping daily life manageable and safe.



CAREGIVER STRESS &
FAMILY IMPACT

Check any that apply:

- Family members feel overwhelmed or exhausted
- Care responsibilities interfere with work or personal health
- Disagreements about care decisions
- Difficulty coordinating schedules or coverage
- Constant worry when loved one is alone
- Feeling guilty for not “doing enough”

Reflection:

Caregiver burnout is common — and preventable.

Support at home doesn't replace family care; it protects it.

TRANSITIONS & LIFE CHANGES

Check any that apply:

- Recent discharge from hospital or rehabilitation
- New diagnosis or medical condition
- Change in living situation (living alone, loss of spouse)
- Increased medical complexity
- Declining independence over time

Reflection:

Transitions are when families feel the most uncertainty and when support can be most impactful.

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WHAT YOUR
CHECKMARKS MAY BE
TELLING YOU

If you checked:

- 1–3 items:
- You may benefit from occasional support or wellness check-ins.
- 4–7 items:
- Part-time home care could significantly improve safety and routine.
- 8 or more items:
- Ongoing home care support may help prevent complications and reduce stress for everyone involved.

Remember, home care can be flexible. Support can grow or change as needs evolve.

COMMON QUESTIONS
FAMILIES ASK
THEMSELVES

“Is it too soon for home care?”

There is no such thing as too soon, only too late.

“Will my loved one resist?”

When introduced thoughtfully, home care often feels like relief, not loss of independence.

“Are we failing by needing help?”

Needing support is not failure, it's foresight and love.

“Do we have to commit long-term?”

No. Care plans can be short-term, transitional, or ongoing, always tailored to your needs.

HOW ELEVÉ HOME
CARE SUPPORTS THIS
DECISION

At Elevé Home Care, we believe families deserve clarity without pressure.

Our approach includes:

- Thoughtful conversations, not sales scripts
- Honest guidance based on experience
- Physician-led insight into recovery and function
- Flexible care options
- Clear communication and follow-up

We're here to help you think through what's best, even if that means simply answering questions.

We're Here When You're Ready

If you have questions, want guidance, or simply need to talk through options, Elev  Home Care is here , without pressure or obligation.

NEXT STEPS

Call: (614) 785-6401

Text: (614) 401-6046

Email: wecare@elevehomecare.com

Website: www.elevehomecare.com

Extending peace of mind: one home, one family at a time.
