



## SENIOR CARE MANAGEMENT

### Checklist to See if a Senior Care Management Is Right for You

**Deciding whether senior care management services are right for you or a loved one involves careful consideration of various factors.**

**Here's a checklist to help you evaluate your needs:**

- YES  NO Do you or your loved one have chronic health conditions?
- YES  NO Are there frequent hospital visits or emergency room trips?
- YES  NO Are there difficulties with daily activities such as bathing, dressing, or eating?
- YES  NO Are there challenges in maintaining hygiene or staying active?
- YES  NO Is there confusion about medication schedules or appointments?
- YES  NO Is there a lack of family or friends available to provide care?
- YES  NO Do you feel overwhelmed by caregiving responsibilities?
- YES  NO Are modifications needed to accommodate physical limitations?
- YES  NO Is transportation a challenge for medical appointments or social activities?
- YES  NO Is budgeting for long-term care a concern?
- YES  NO Are there concerns about maintaining a good quality of life?
- YES  NO Is there an interest in enhancing overall well-being and independence?
- YES  NO Would you benefit from support in navigating healthcare systems and resources?

If you find that several items on this checklist resonate with your situation, it may be time to consider geriatric care management services.