

# The Caregiver Decision Checklist

Know when to step in, when to get help, and what to do next.

## Page 1: Opening

Caring for someone you love is deeply meaningful—but it can also become overwhelming in ways you didn't expect.

At some point, most caregivers find themselves asking:

Am I doing enough?

Is it time for more help?

What happens if I wait too long?

This checklist is designed to give you clarity—without pressure, without guilt.

There are no perfect answers.

But there are better ways to see what's really going on.

## Page 2: Daily Living Checklist

Is your loved one struggling with everyday tasks?

Check any that apply:

- Missing meals or forgetting to eat
- Difficulty bathing or maintaining hygiene
- Wearing the same clothes repeatedly
- Trouble moving safely around the home
- Frequent falls or close calls

If you checked 2 or more: It may be time to consider additional daily support.

## Page 3: Health & Safety Checklist

- Missed medications or incorrect dosages
- Increasing doctor visits or hospitalizations
- Noticeable weight loss or gain
- Confusion about time, place, or routine
- Unsafe behaviors (leaving stove on, wandering, etc.)

If any of these feel familiar: Safety may be at risk without added care.

## Page 4: Your Well-Being (This Matters More Than You Think)

Be honest—this part is about you.

- Constant fatigue
- Feeling overwhelmed or anxious
- Loss of personal time
- Irritability or emotional burnout
- Feeling like you're "doing it all alone"

If you checked even 1–2: You need support—not later, now.

## Page 5: The Turning Point

If you're noticing changes in both your loved one and yourself...

That's not a coincidence.

That's a signal.

A signal that the situation is changing—and your approach may need to change with it.

## Page 6: What Your Options Might Look Like

Support doesn't have to be all-or-nothing.

It can start with:

- A few hours of in-home help

- Respite care to give you a break

- A more structured living environment

- Guidance from professionals who understand this stage

- The right next step is the one that supports both of you.

## Page 7: You don't have to figure this out alone.

At ComfortFirst Living, we help caregivers:

- Understand their options

- Make confident, informed decisions

- Find solutions that reduce stress—for everyone involved

- Explore your next step here

- Or simply learn what's possible

(No pressure. Just clarity.)