

Could your loved one benefit from **cognitive care**?

This checklist can help you determine if cognitive care could be right for your loved one.

My loved one...

- ☐ Actively walks about without the ability to remain safe or return on their own.
- ☐ Moves about freely, but does not always have a destination in mind or recognize their location.
- ☐ Would benefit from way-finding cues such as colors, signs, or images to assist with orientation.
- ☐ Has poor judgement skills and can no longer assess for themselves what is safe.
- ☐ Has difficulty with muscle movement or coordination. For example, failing to catch a ball, or reaching for an item and missing.
- ☐ Needs help with daily tasks such as sleeping, walking, grooming, hygiene, dressing, and eating.
- ☐ Demonstrates inconsistent actions or expressions throughout the day.
- ☐ Struggles to retain focus and attention, particularly in the afternoon and evening.
- ☐ Would benefit from activities and programs to maintain a sense of purpose and independence.
- ☐ Has difficulty expressing their needs and wants through verbal language.
- ☐ Would benefit from personalized, one-on-one attention in order to complete tasks and activities.

If you checked any of these boxes, cognitive care may be a good option for your loved one. **Contact us today to learn more and discuss your specific needs.**