

# My Place to Call Home

Your home should be a place where you feel safe and where your physical, social, and emotional needs are met. Have you started conversations with your family and those important in your life about your present and future living arrangements? Is it your choice to stay in your current home (also called aging in place)? If you or your partner has a change in health, would you consider moving to a different place? It is important to have these discussions as early as possible and to communicate your wishes to others. The need to change your living situation can bring up many emotions and challenging conversations. These activities are designed to assist you in exploring your options for aging in place, assisted living, and residential care by focusing on eligibility, costs, access to services, and types of supportive care available.

[MywellHealth.info](https://www.mywellhealth.info)

Write your full name & date completed/updated here:  
(It will automatically appear on every page)

# Activities

## My Home and Living Wishes

Share with others where and how you want to live as you age.

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## Changes in My Personal Needs

Identify if your personal needs are changing and how to communicate this with others.

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## Getting a Home Safety and/or Care Assessment

Learn how to get a home safety and/or home care assessment and the resources and services you need.

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## Coordinating Home Care Services

Learn about home care services, hiring caregivers, and making necessary changes in your home.

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## Exploring Assisted Living and/or Residential Care

Learn about making different living choices in your community including availability, eligibility, costs, and more.

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## Resource Kit

Click the underlined words in each activity to explore the online [resource kit](#). The resource kit provides definitions, educational materials, links to websites, videos, and more!

## Medical Emergency

If you have a medical emergency call 911. Do NOT use the planner or website for medical emergencies. If you have a medical concern, call your physician or a health care professional.

The general information provided on the website and planner is for informational purposes only and is not professional medical advice. Please read the [Terms of Use](#).

# Changes in My Personal Needs

Your personal needs can change due to natural aging, after an illness or hospitalization, or the loss of a partner. Health care professionals use assessment tools and checklists to better understand your needs by asking you questions and observing you in your home. It can be difficult to acknowledge that your physical and/or mental health is changing. It is important to be honest and realistic when responding to questions in any checklist or assessment. Use this activity to help you identify if you are experiencing any changes in your personal needs, how to communicate this with others, and how to ask for the assistance you need.

**Tip:** Complete this checklist with someone who is close to you and who you trust. Try to see the list as a way to get assistance with what you need rather than a list of what you cannot do. Consider asking your care partners for help with the tasks you identify as challenging.

## Identifying Changes in My Personal Needs

Even though your needs can change day-to-day, check the items that you currently find challenging and need help with or items others have noticed you might need help with..

**Date Updated:**

### Personal Care

<input type="checkbox"/> Bathing	<input type="checkbox"/> Using the toilet	<input type="checkbox"/> Skin care
<input type="checkbox"/> Dressing	<input type="checkbox"/> Shampoo & hair care	<input type="checkbox"/> Mouth and denture care
<input type="checkbox"/> Shaving	<input type="checkbox"/> Applying make-up	<input type="checkbox"/> Nail care
<input type="checkbox"/> Ear cleaning/ Wax removal	<input type="checkbox"/> Bowel or bladder control	<input type="checkbox"/> Checking weight

### Safety

<input type="checkbox"/> Taking medication at the right time and the right dose.	<input type="checkbox"/> Completing health care treatments or monitoring (such as blood pressure or blood glucose)	<input type="checkbox"/> Concern of excessive alcohol or drug use
<input type="checkbox"/> Loss of balance or falls	<input type="checkbox"/> General muscle or hand weakness	<input type="checkbox"/> Identifying tripping hazards (such as mats & low objects)

Identifying Changes in My Personal Needs(2)		
<b>Mind and Socializing</b>		
___ Vision	___ Hearing	___Mood changes or irritability
___ Memory loss	___ Anger or outbursts	___ Loneliness
___ Explaining wants and needs to others	___ Quiet time/ Personal space	___ Using the home or cell phone
<b>Activities</b>		
___ Errands and shopping	___ Exercising	___ Going to social outings
___ Getting to appointments	___ Participating in activities	___ Banking and money management
___ Driving	___ Taking public transit	___ Taking a taxi
<b>Mobility</b>		
___ Getting in and out of a chair	___ Walking up and down stairs	___ Walking inside the house
___ Walking outside		
<b>Food Preparation &amp; Meal Support</b>		
___ Grocery Shopping	___ Planning meal choices	___Preparation of meals and snacks
___ Using the stove and oven safely, turning it off after use.	___Identifying spoiled food	___ Chewing and swallowing
___ Drinking enough or limiting fluids	___	___
___		

Identifying Changes in My Personal Needs(3)		
<b>Home Hygiene</b>		
___ Cleaning kitchen and dishes	___ Making and changing the bed	___ Wash & dry laundry and put away
___ Vacuuming and sweeping	___ Garbage and recycling	___ Cleaning the bathroom
___ Picking up and sorting the mail	___ Managing and reducing clutter	___ Dusting
<b>Home Maintenance</b>		
___ Garbage removal	___ Lawn or garden care	___ Sidewalk cleaning/ snow removal
___ Cleaning roof gutters	___ Minor home repairs	___
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**Tip:** You also might consider asking your physician or nurse practitioner for a cognitive assessment if you are noticing difficulties with your memory, confusion, and/or irritability.

# Notes for My Place to Call Home

Use the 'Notes for My Place to Call Home' as needed. It keeps all your thoughts, questions, and things to do in one place. Might be a place to list ideas, services, and resources you like.

Date	A place to record your thoughts, questions, and learning

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