

A checklist of questions to better understand your needs

Is Home Care Right for You?

Yes
✓

No
✗

I want to remain independent		
I am willing to move from where I live now in my home		
I have concerns about my health		
I would rather not travel to the Doctor's office for wellness check-ups anymore		
General housekeeping help would be useful		
I am having trouble remembering to take my medications		
I need some assistance with home maintenance and repairs		
I sometimes lose track of which bills are due and how to pay them		
I am losing weight OR sometimes forget to eat meals		
I have trouble sometimes getting out of bed or moving around my home		
I think I need someone with me 24 hours a day		

Do you need assistance with the following?

Yes
✓

No
✗

Bathroom, grooming or hygiene		
Mobility		
Doctor visits and wellness check ups		
Transferring and positioning around your home		
Toileting and incontinence		
Eating and dietary needs		
Laundry and housekeeping		
Grocery shopping and errands		
Home Maintenance		
Transportation		
Medical reminders and or medication assistance		

Submit your checklist to the myHomecare team now [here](#)
or email us at enquiry@myhomecare.com.au