

EDUCATIONAL QUICKSHEET -

Preparing the Home for Cognitive Changes



✓ What changes should I make at home?

The simple changes are always the easiest. Big signs with simple reminders at the door, phone and bathroom will help a lot. (Look for a post on our website for details.)

✓ What about medications?

Biggest challenge for those with cognitive changes is the medications. The best options I have found are prepackaged in bundles by a local pharmacy or a timed/alarmed medication dispenser. (See Amazon)

✓ Driving?

This is a big challenge due to what it represents. Take a driving test to confirm reaction times. Remember, killing someone isn't worth this freedom.

✓ Necessities?

Grab bars, remove throw rugs, set alarms for routine reminders. www.caycare.com/quicklinks for more info.

CayCare
Elder Care and
Senior Living Advisors



Placement Navigation® | In-Home Care Coordination | Care Management

Phone: 253-777-3804 | Fax: 253-777-3370 | PO Box 1477, Orting WA 98360 | www.CayCare.com

Our FREE Services

How we can help seniors & their families:



Pre-Planning

Plan ahead now, activate later. Pre-Planning ensures your family, finances & loved ones are protected.

When you might need our expertise:

- When a legal representative is working on your behalf for financial planning, housing or care needs, consider planning ahead for care solutions

Placement Navigation[®]

Senior Living Options; Independent or Assisted Living, Adult Family Homes, Memory Care and more.

When you might need our expertise:

- In crisis situation, accommodations for emergency placement or care
- A diagnosis of a progressive or debilitating disease needing care
- A health crisis makes returning home no longer safe



In-Home Care Coordination

Non-Medical Care in Your Home, Care Planning, Nurse Delegation

When you might need our expertise:

- Multiple ER visits due to falls, weakness or health changes
 - Maintaining independence has become difficult
- Overwhelmed by demands of being primary caregivers



CayCare
Elder Care and
Senior Living Advisors



Placement Navigation[®] | In-Home Care Coordination | Care Management

Phone: 253-777-3804 | Fax: 253-777-3370 | PO Box 1477, Orting WA 98360 | www.CayCare.com