



CURATED FOR
SENIORS
Edited for life's finest chapter

FREE PRINTABLE GUIDE

Home-Safety Planning After a Health Change

How to turn a daily-life change into a clear professional conversation

Introduction. A health change can alter an ordinary task before a family has a name for what is happening. Careful observations help a clinician or therapist understand the practical problem without turning a checklist into a diagnosis.

***How to use this guide.** Record what changed, where, and when. Use the final section to prepare a concise summary for the qualified professional involved.*

***Free and non-commercial.** Prepared by George at Curated for Seniors. Not approved or endorsed by any organization.*

Notice the change

A few practical points to keep in mind.

- ☐ Describe the daily task that has changed.
- ☐ Record when and where it happens.
- ☐ Note what makes it easier or harder.
- ☐ Avoid guessing at a diagnosis or changing treatment.

Make the immediate routine safer

A few practical points to keep in mind.

- ☐ Keep the needed route clear.
- ☐ Place essentials within a safe reach.
- ☐ Use the support already recommended by a qualified professional.
- ☐ Ask for help with tasks that are unsafe to test alone.

Bring a clear summary

A few practical points to keep in mind.

- ☐ Write the observation in one sentence.
- ☐ List current supports and recent changes.
- ☐ Bring the summary to the clinician, therapist, or care team.
- ☐ Record the professional's next step and when to follow up.

What to do next

Choose one next step you can complete this week. A small action is more useful than a perfect plan that never starts. Keep this guide with the notes or contact information needed for the next conversation.

Important note: *This guide is general information, not medical advice or a diagnosis and not a substitute for a clinician, therapist, or professional home-safety assessment. Do not change treatment or attempt unsafe tasks based on this guide; discuss health changes and home modifications with appropriately qualified professionals.*

This is general information for preparing a conversation or next step, not individualized professional advice.

Notes and what to buy
