

TO MOVE OR NOT TO MOVE CHECKLIST

Use this checklist to help you decide whether to remain living at home or to consider moving. Ideally, the senior will answer the questions, either in writing or in conversation with the family.

SAFETY

Is your home suitable and safe?

NOTES:

How difficult is it for you to manage the stairs in your home?

How willing or able are you to clean your home?

How willing or able are you to maintain the yard and outside of the home?

Do you have enough help available when necessary: e.g. during a short-term illness?

Are you at risk for falls? Does your home have good lighting, bathroom safety bars, handrails, and safe flooring?

Do you smoke? Do you have and maintain smoke detectors?

Do you have a hot water safety valve on hot water taps?

Do you have an emergency response system in case of illness or injury?

Do you have other emergency contact numbers by the phone?

FINANCES

Is the choice to stay in your home economically sound?

What minor and major repairs must you make in the next few years?

Would freeing up the cash in your home allow you to have a more enjoyable lifestyle?

Are taxes, insurance, utilities, and other costs affordable for you?

If not, do you have finances available for renovations or adaptations if they are necessary?

Could you get financial assistance for renovations or adaptations?

LOCATION

Is the location of your home suitable?

NOTES:

Is adequate transportation available for medical appointments, social activities, and visiting friends and family?

Are stores and other services within easy reach?

Is the neighbourhood safe and pleasing to you?

Do you value the relationships you have with your neighbours?

Do you have adequate access to friends, and social and church activities?

Is your own physical mobility or driving ability an issue?

SERVICES

Are necessary in-home support services available and/or affordable for you?

Do you need any of the following services? Can you find them and afford them?

- Household services (cleaning, yard work, minor repairs)
- Home-delivered meals, grocery delivery
- Visitors, companions, drivers, etc., volunteer or paid
- Access to adult day programs (if required)
- Personal care services
- Professional services (physiotherapy, nursing)

After completing the checklist and talking to your loved ones or other support, determine your answer to the following question:

Is the decision to stay at home in your best interest?

- Definitely yes
- Maybe
- Definitely not

Download this checklist and more helpful tools at: www.mysage.ca/help/housing

Permission granted to Sage to reprint this checklist in its modified form.
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Your Aging Parents: How to Prepare, how to Cope. 2nd ed. 2010. Elderwise Publishing.