



Quality Care Senior
SENIOR WELLNESS SERIES

A FAMILY GUIDE

The Senior Wellness *Quick-Check*

When Is It Time for More Than a Sitter?

Protecting a parent's independence begins with a single, honest moment.

It starts with recognizing when their needs have shifted from basic companionship to professional support. This quick-check is a gentle guide for families navigating that transition — five clear questions to help you see the signs with confidence, not fear, and take the next right step with a heart-led team beside you.



Relationship-centered care, one moment at a time.



Heart-led care for the ones who raised you.

TAKE FIVE MINUTES

01 The Five-Question Quick-Check

Read each question honestly. Tick Yes or No for the one that feels true today. There are no wrong answers — only a clearer picture of where your loved one stands right now.

1

MEDICATION MANAGEMENT

Does your loved one struggle to manage more than three medications alone?

☐ Yes ☐ No

2

HOME ENVIRONMENT

Have you noticed a decline in their ability to keep up with light housework or meal prep?

☐ Yes ☐ No

3

SOCIAL ENGAGEMENT

Do they seem lonely or withdrawn even when family is around?

☐ Yes ☐ No

4

CAREGIVER HEALTH

Are you, the primary caregiver, feeling consistently exhausted or burnt out?

☐ Yes ☐ No

5

CLINICAL CONCERN

Has a doctor expressed concern about their safety or cognitive health at home?

☐ Yes ☐ No

WHAT YOUR ANSWERS MEAN

Reading Your *Results*

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If you answered *Yes to two or more* of these questions, it may be time to move beyond basic sitting to a heart-led, professional care plan that prioritizes safety and cognitive engagement.

One or Fewer — Stay Connected

Keep regular check-ins, stay observant, and revisit this guide every few months. Small shifts often appear quietly before they become urgent.

Two or More — Time to Talk

A professional, relationship-centered care plan can protect independence, ease caregiver strain, and bring genuine peace of mind to the whole family.

YOUR NEXT STEP

Get peace of mind today. *Contact us for a free relationship-centered consultation.*

678-996-6929



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