1. Does your family really communicate? If your parents suddenly became incapacitated or unable to live alone, what will happen to them? Have they told you exactly what they want if this happens to them?

2. Can you define poly-pharmacy?

3. Do you know where their important papers, insurance policies and financial data are? Can you put your hands on them within 24 hours? Have you sat down as a family to go over it all? Who has power(s) of attorney?

4. How are your parents handling transportation? Do they feel trapped inside their home or have you made alternate plans to get them where they need and want to go?

5. Do you really know the differences between private home care providers, personal care homes, retirement communities, assisted living facilities, nursing homes and hospice care?

6. Do you have a solid retirement plan, including long-term care insurance? Have you determined exactly when you will retire and how much income you will need to maintain your lifestyle?

7. If your parents live out of state, do you know how to quickly access help for them where they live?

8. What will you do if an emergency comes up? Do you know what free resources are available to your parents?

9. Are your parents drinking water and eating a well balanced diet? Are you sure?

10. How often have your parents been in a hospital, rehabilitation unit in a hospital or special rehabilitation facility, or nursing home in the last 3 months?

11. How often do they pour the correct amount of medication or take the correct number of pills when they are supposed to?

12. How often does pain interfere with your parents’ daily life?

13. Have they fallen (not stumbled) 2 or more times within the past 6 months?

14. Can they get up and out of a chair?…bed?…toilet?…tub or shower?

15. How well can they dress themselves?

16. How often have you noticed a depressed mood (i.e. sad or tearful) in your parent(s) within the past 2 months?