

Isolated Senior Living Alone Risk Checklist

Physical Health

- ☐ Unintentional weight loss
- ☐ Limited mobility or frequent falls
- ☐ Chronic or unmanaged medical conditions
- ☐ Difficulty with daily activities (e.g., bathing, dressing)

Social & Emotional Wellbeing

- ☐ Little to no regular contact with friends/family
- ☐ Feelings of loneliness or sadness
- ☐ Lack of participation in social activities

Environment & Safety

- ☐ Unsafe home environment (e.g., tripping hazards, poor lighting)
- ☐ Inadequate heating/cooling/utilities
- ☐ Lack of emergency plan or contacts

Nutrition & Medication

- ☐ Skipping meals or poor nutrition
- ☐ Difficulty managing or remembering medications

Additional Notes