

Essential Questions to Ask About Senior Wellness Checkups

- Checklist

Regular wellness checkups are crucial for maintaining the health and independence of older adults. These visits allow healthcare providers to monitor changes, identify issues early, and develop personalized care plans. As a caregiver, it's important to come prepared with the right questions to ensure your loved one's needs are being fully addressed. This guide covers the key questions to ask during a senior wellness checkup to help you advocate for the best possible care.

How to use this checklist: Check off each question as you ask it, and use the note lines to record important answers and observations.

Overall Health

☐ 1. What are the main health concerns or changes since the last visit?

Understanding your loved one's current health status and any new or worsening symptoms is crucial for identifying issues and developing an effective care plan.

Notes:

☐ 2. Are there any new or recurring pains, discomfort, or functional limitations?

Openly discussing any physical challenges or changes in mobility, balance, or independence can help the healthcare team address problems before they worsen.

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☐ 3. How is your loved one's mental health and cognitive function?

Assessing memory, mood, and overall mental wellbeing is just as important as physical health, as cognitive and emotional changes can significantly impact quality of life.

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□ **4. Are there any concerns about fall risk or safety in the home?**

Falls are a major health risk for older adults, so it's critical to discuss any balance issues, home hazards, or need for assistive devices to prevent accidents.

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Medication Management

□ 1. What medications is your loved one currently taking?

Providing a comprehensive list of all prescription drugs, over-the-counter medications, vitamins, and supplements can help the doctor identify any potential interactions or side effects.

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□ 2. Are there any concerns about medication side effects or adherence?

Openly discussing any difficulties with taking medications as prescribed, such as remembering doses or experiencing unwanted effects, can inform adjustments to the treatment plan.

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□ 3. Are there opportunities to simplify or optimize the medication regimen?

Reviewing the medication list can identify ways to reduce the pill burden, improve convenience, and ensure the regimen is as efficient and manageable as possible.

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Care Plan and Support

☐ 1. What are the key goals and recommendations from the healthcare team?

Understanding the provider's specific care plan, including any new treatments, lifestyle changes, or referrals to specialists, is crucial for ensuring your loved one receives comprehensive, coordinated care.

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☐ 2. What resources or support services are available to help your loved one maintain their health and independence?

Inquiring about community programs, in-home care options, caregiver support, and other services can connect your loved one with valuable resources to address their needs.

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☐ 3. How can the family caregivers best support the care plan and monitor progress?

Discussing the family's role in implementing the care plan and tracking changes in your loved one's health empowers caregivers to be active partners in the healthcare process.

Notes:

□ **4. When should you follow up with the healthcare team, and how can you best communicate ongoing concerns?**

Establishing clear protocols for staying in touch with the provider, such as scheduling regular check-ins or reporting specific symptoms, ensures issues are addressed in a timely manner.

Notes:

Preventive Care

- ☐ **1. What immunizations or screenings are recommended for your loved one's age and health status?**

Staying up-to-date on preventive care, such as flu shots, cancer screenings, and bone density tests, can significantly reduce health risks and maintain quality of life.

Notes:

- ☐ **2. Are there any lifestyle changes or self-care habits the provider recommends to support overall wellness?**

Discussing ways to optimize nutrition, physical activity, sleep, and other daily habits can empower your loved one to take an active role in their health and independence.

Notes:

Future Planning

- ☐ **1. Does your loved one have any advance directives or end-of-life preferences in place?**

Ensuring your loved one's wishes for medical care, hospitalization, and end-of-life decisions are documented and communicated to the healthcare team can provide peace of mind and prevent future conflicts.

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- ☐ **2. What warning signs or changes should prompt a call to the healthcare provider?**

Establishing clear protocols for when to reach out about new symptoms or concerns can help you respond quickly and appropriately to changes in your loved one's condition.

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- ☐ **3. How can the family best prepare for potential care needs down the line?**

Discussing long-term care options, financial planning, and other considerations for the future empowers families to make informed decisions and ensure their loved one's needs are met over time.

Notes:
