

- ☐ Mobility
- ☐ Strength
- ☐ Balance
- ☐ Communication
- ☐ Memory
- ☐ Concentration

- ☐ Energy
- ☐ Daily activities
- ☐ Independence
- ☐ Mood
- ☐ Confidence
- ☐ Social interaction

What I Notice - Communication

What seems easier?

What seems difficult?

What does the person tell me?

Something to discuss with the healthcare or rehabilitation team

Give the person an opportunity to answer before answering for them.

What I Notice - Mobility

What seems easier?

What still requires help?

Equipment or assistance currently used

Question for the rehabilitation team

What I Notice - Thinking & Memory

What I have noticed

When I tend to notice it

What the person tells me

Question for the healthcare team

What I Notice - Energy & Fatigue

When energy seems better

When fatigue seems stronger

Activities or patterns I notice

Question worth discussing

What I Notice - Daily Activities

Activity	More Help	Same Help	Less Help	Independent

What I Notice - Mood & Behavior

What I notice

What was happening at the time

What the person tells me

Something worth discussing

Caregivers often notice important changes, but observation can never fully replace the person's own experience. When possible, ask what feels easier, harder, frustrating, important, or different.

Something I understand differently after asking:

Checking In With the Person I Care For

How are things going?

What has been frustrating?

Do you need more help with something?

Is there something you would like LESS help with?

Is there something you want to try yourself?

What do you need that I may not realize?

This is a conversation tool, not a test or grade.

EMOTIONALLY - Good / Okay / Difficult / Prefer not to answer

- ☐ Allow extra response time
- ☐ Use short questions
- ☐ Offer yes/no choices when helpful
- ☐ Use writing
- ☐ Use gestures

- ☐ Use pictures
- ☐ Use communication aids
- ☐ Reduce distractions
- ☐ Ask the speech-language pathologist for guidance

Changes I've Noticed Recently

Mental / thinking

Physical

Communication

Emotional

Daily activities / independence

Things That Seem Easier

Something that seems easier now

Something requiring less help

Something I may need to stop automatically doing for them

Things That Still Require Assistance

What still requires help?

What kind of help?

What does the person prefer?

What should I ask a professional?

New Concerns to Discuss

What I Noticed	When	What They Tell Me	Who to Ask

Positive Changes Worth Remembering

A positive change I noticed

A change the person noticed

Why it matters

Weekly Observation & Conversation Summary

Mental

Physical

Emotional

What the person told me

What became easier

What should professionals know?

Recovery Reflection

What matters most to the person right now?

Where is more independence possible?

What am I learning about listening?

What question should we carry forward?
