

IS YOUR LOVED ONE LOSING MOBILITY?

10 changes worth paying attention to

For a spouse, parent, sibling, relative, or other aging loved one:
check what has changed recently.

- ☐ Standing up is harder than it used to be
- ☐ Walking less than before
- ☐ Needs more help with transfers
- ☐ Recent falls or near falls
- ☐ Reaches for furniture or walls
- ☐ Uses a walker or wheelchair more often
- ☐ Fear of falling is limiting activity
- ☐ Has not bounced back after illness or a hospital stay
- ☐ Spends much more time sitting or in bed
- ☐ You are unsure what is safe anymore

WHAT MATTERS MOST:

A new or worsening change deserves attention.

You do not need to diagnose it - just notice it and write it down.

WHAT SHOULD YOU DO NEXT?

Keep it simple: Notice. Act. Escalate.

NOTICE

What changed?

Write down what is harder, newer, or happening more often.

ACT

What can you do now?

Make one safe, simple change today. Do not try to fix everything at once.

ESCALATE

When is more help needed?

Get medical or rehab input when changes are sudden, worsening, unsafe, or unclear.

YOUR 3 BIGGEST CHANGES

1. _____
2. _____
3. _____

THE QUESTION TO ANSWER:

What am I most unsure about right now?

GET HELP SOONER IF YOU NOTICE:

A sudden major decline, new severe pain, inability to bear weight, chest pain, unusual shortness of breath, new neurologic symptoms, or injury after a fall.

STILL NOT SURE WHAT TO DO?

A Caregiver Mobility Strategy Session can help you identify the biggest concerns and decide on the right next step.

Preston PT