

# QUALITY OF LIFE CHECKLIST

## Be aware of road blocks to quality of life

- Chronic Pain
- Depression
- Illness
- Alcohol abuse
- Medication and drug abuse
- Suicidal tendencies
- Ask life-enriching questions

## Tap into Senior-Friendly resources

- Travel
- Learning centers
- Fitness centers
- Suggest employment options and volunteer opportunities
- Facilitate spiritual and religious needs
- Plan for pets
- Know the locations of the local
- Community centers
- Senior center
- Religious congregations
- Support groups

## Family power

- Plan to capture special caregiving moments
- Create reminiscing opportunities
- Research family history
- Make good use of remembering devices
- Keep family customs, traditions and rituals alive
- Learn more about your family roots
- Draw a family tree
- Conduct library research
- Search family records
- Conduct interviews
- Inquire about possessions
- Explore attics
- Accompany your elders back to their home town
- Plan on giving meaningful and memorable gifts
- Foster the grandparent and grandchild connection
- Create opportunities for elders to contribute back to the family

