The Decision Ladder

Moving from the smallest help to larger steps

Use this to keep track of what's been offered, what your parent has agreed to, and what to try next. Start at the bottom.

Rung	Examples	My parent's answer (and date)	Trial end date	Who could suggest it
8. Facility care	Assisted living, memory care, nursing home (Ch 14)			
7. Living closer	Moving near family or in together (Ch 13)			
6. More help at home	More hours of in-home help; home health if eligible (Ch 9)			
5. A few hours a week	Part-time aide, companion, adult day program			
4. Help with one task	Bills, medicines, appointments			
3. Ordinary services	Delivered meals, groceries, cleaning, yard work, rides			
2. Small changes	Grab bars, lighting, pill organizer, medical alert button (Ch 8)			
1. Staying in touch	Regular calls, texts, a neighbor who checks in			

What my parent has said no to, and why:

What my parent might say yes to:

The line we agreed on (what would make us talk again about the next rung):

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Signs that would mean we need outside help now:

Help for me:

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