

Something has changed



A calm checklist for noticing patterns and deciding who to speak to next

Republic of Ireland only | Last reviewed: 18 July 2026

Before you begin

You do not need to know what is wrong. You do not need to diagnose anything.

Use this sheet to write down what you have actually seen or heard. One small change may mean very little. A pattern, or a change from what is usual for your relative, may be worth discussing with them and with an appropriate professional.

This is an observation tool, not a medical assessment.

Write in the details

Relative's name: _____

Completed by: _____

Date: _____

Period covered: _____

What have you noticed?

Around the home

- ☐ Unopened post or unpaid bills
- ☐ Very little food, or food that has gone off
- ☐ The home is unusually cold
- ☐ Clutter, unwashed dishes or laundry that is out of character
- ☐ A burnt pot, damaged appliance or other possible fire risk
- ☐ Signs that a fall may have happened
- ☐ Something else

Day-to-day routines

- ☐ Missed appointments or regular commitments
- ☐ Difficulty managing a familiar task
- ☐ Less washing, dressing or personal care than usual
- ☐ No longer using the stairs, car or another familiar part of daily life
- ☐ Asking the same question repeatedly during a short conversation
- ☐ Something else

Medication and health

- ☐ Medication appears to have been missed or taken differently
- ☐ New difficulty walking or getting around
- ☐ Clothes appear looser, or eating habits have changed
- ☐ A noticeable change in hearing, vision or communication
- ☐ A health concern they have not discussed with a professional
- ☐ Something else

Do not change, stop or reorganise medication yourself. Ask a pharmacist, GP or another healthcare professional if you are concerned.

Mood and social contact

- ☐ Less contact with friends, neighbours or usual activities
- ☐ Less interest in things they normally enjoy
- ☐ A change in mood or behaviour that feels out of character
- ☐ They have spoken about feeling lonely or unsafe
- ☐ Something else

Money, callers and personal safety

- ☐ Unfamiliar payments or repeated purchases
- ☐ Confusion about money or paperwork
- ☐ A new person taking an unusual interest in their money or property
- ☐ They appear frightened, controlled, neglected or treated badly
- ☐ Something else

Record the facts

Record what happened rather than a conclusion. For example: 'Asked what day it was four times during a 20-minute visit.'

Date	What I saw or heard	Was anyone else present?	What changed from usual?

Questions to ask your relative

- ☐ I noticed _____. How have things been for you?
- ☐ Is anything feeling harder than it used to?
- ☐ Is there anything you would like help with?
- ☐ Would you be comfortable talking to your GP, pharmacist or public health nurse?
- ☐ Who would you like involved in the conversation?
- ☐ Is there anything you do not want us to arrange without asking you?

Questions for a GP or professional

- ☐ What information would be useful for me to bring?
- ☐ Could any recent change need a professional assessment?
- ☐ Who is the right person to contact about support at home?
- ☐ Would a public health nurse, occupational therapist or another service be relevant?
- ☐ What should the family monitor or record?
- ☐ When and how should we follow up?

Choose one next step

- ☐ Talk with my relative
- ☐ Ask someone who sees them regularly what they have noticed
- ☐ Contact their GP or pharmacist, with my relative's agreement where possible
- ☐ Ask HSE Live where to find the relevant local service
- ☐ Contact Family Carers Ireland for carer-specific guidance
- ☐ Contact a local HSE safeguarding and protection team about possible abuse or neglect
- ☐ Other

Useful contacts

HSE Live

1800 700 700

Family Carers Ireland

1800 24 07 24

Important

This resource is general information, not a medical assessment and not medical, legal or financial advice.

Where possible, involve your relative in decisions, ask what support they want and respect their wishes. Concern does not remove their voice.

For a non-emergency concern about possible abuse or neglect, speak to a GP, public health nurse or local HSE safeguarding and protection team. You can report what you know even if you do not have every detail.

If someone needs immediate medical help or is at immediate risk of harm, call 112 or 999.

Sources checked 18 July 2026: [Contact the HSE](#) | [Raise a concern about adults at risk of abuse](#) | [Family Carers Ireland National Freephone Careline](#)