

RDC Safe Independence Baseline

A repeatable family snapshot for documenting what 'normal' looks like now - and noticing when something meaningfully changes later.

Use it when things are stable. Repeat after a fall, hospitalization, surgery, loss of a caregiver, move, noticeable memory/mobility change, or every few months if the family wants a consistent check-in.

1 | BASELINE INFORMATION

Older adult / loved one	
Completed by	
Date	
Living situation	
Primary family contact	
Last major health / living change	

2 | DAILY INDEPENDENCE

Check	Item	Notes / status
☐	Gets in/out of bed and chairs safely with current supports	
☐	Uses toilet and manages personal hygiene independently or with established support	
☐	Bathing routine is safe and manageable	
☐	Dresses appropriately without new difficulty	
☐	Prepares / obtains meals and drinks enough fluids	
☐	Manages groceries and household necessities	
☐	Moves through the home safely with current cane/walker/device	
☐	Can leave / enter the home safely	
☐	Driving / transportation plan is working	

3 | ORGANIZATION & FOLLOW-THROUGH

Check	Item	Notes / status
☐	Medications are organized reliably	
☐	Appointments are remembered and transportation is arranged	
☐	Discharge instructions / follow-up plans are understood when applicable	
☐	Mail and paperwork are being handled	
☐	Bills are paid and unusual charges would be noticed	
☐	Phone and important technology are usable	
☐	Emergency contacts are current	

4 | HOME & EMERGENCY READINESS

Check	Item	Notes / status
☐	No major new trip/fall hazards	
☐	Bathroom setup matches current mobility	
☐	Lighting is adequate, including nighttime routes	
☐	Smoke / CO alarms are present and checked	
☐	Reliable way to summon help	
☐	Trusted person can enter in an emergency	
☐	Power-outage / heat / wildfire / evacuation plan is realistic	
☐	Medication list / ID / insurance / emergency information can be found quickly	

5 | MEMORY, JUDGMENT & CONNECTION

Check	Item	Notes / status
☐	No meaningful new confusion in familiar routines	
☐	No new getting-lost / wandering concern	
☐	Cooking / appliance use remains safe	
☐	Driving judgment is unchanged or transportation alternatives are in place	
☐	No concerning new scam / exploitation pattern	
☐	Regular social contact is happening	
☐	Mood, grief, isolation, or withdrawal is not newly interfering with daily life	
☐	Family agrees on what is normal right now	

6 | FAMILY SUPPORT CAPACITY

Check	Item	Notes / status
☐	Primary family contact can realistically respond	
☐	There is a backup person	
☐	Family knows who handles appointments, transportation, bills, and home access	
☐	Caregiver responsibilities are not concentrated in one person without backup	
☐	Hands-on care needs are being met by appropriate people/providers	
☐	Family knows what change would trigger more support	

7 | WHAT IS 'NORMAL' RIGHT NOW?

Typical weekly routine	
Typical mobility / device use	
Typical meal pattern	
Typical social contact	
Typical family check-in schedule	
Current services / providers	
Current technology / medical alert	
Biggest current vulnerability	

8 | CHANGE LOG

Date	What changed?	What did we do?	Who is following up?

This is an observational family tool, not a medical assessment, diagnosis, capacity determination, or substitute for emergency services.