

## Considering Ways to Support At-Home Members

Invite your group to think of and discuss each issue, then enumerate ways to address that issue. Write as many ideas as you can. Then look for priorities and decide upon your next action step.

Potential Issue: \_\_\_\_\_ Ways to address this issue: \_\_\_\_\_

### Physical health challenges

- Frailty
- Mobility, lack of exercise
- Medication management
- Vision or hearing loss
- Food shopping and meal prep

### Mental and emotional challenges

- Depression and anxiety
- Grief and loss
- Loneliness
- Loss of independence

### Social isolation

- Reduced contact with family and friends
- Difficulty utilizing technology
- Lack of conversations, mental stimulation
- Lack of transportation

### Financial concerns

- Limited income
- Navigating insurance
- Home maintenance

### Spiritual concerns

- Questions about life purpose
- Desire for spiritual connection
- Feeling invisible and forgotten