

Obstacles Worksheet

This worksheet is designed to help you identify and document the challenges you're currently facing in your home or daily life. By clearly outlining your concerns, you'll gain insight into what needs to change—and why. To help stimulate your thinking, consider these common areas where obstacles may arise: Physical Environment, Health and Mobility, Daily Living Activities, Safety Concerns, Social/Emotional Well-Being, Transportation and Access, Financial Stress.

1. Obstacle – Describe the specific issue (e.g., stairs, transportation, isolation).
2. Why It Concerns Me – Explain why this issue matters to you or causes worry.
3. Impact on Daily Life – Share how it affects your routines, habits, or well-being.
4. What I've Tried – Note any steps you've taken to address it, even if they haven't worked yet.

1. Obstacle	2. Why It Concerns Me	3. Impact on Daily Life	4. What I've Tried
I have trouble using the stairs to get to my bedroom.	I'm afraid of falling, especially at night.	I avoid going upstairs during the day and sleep on the couch.	I've looked into stair lifts but haven't taken action yet.