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YOUR NEWLY LIVING ALONE GUIDE · NOVEMBER 8, 2026

Sample: Margaret: newly living alone

Check-ins, safety, the household, paperwork and staying connected, for someone newly on their own.

FOR YOUR SITUATION

Margaret has recently started living alone. The first months bring a lot of change, practical and emotional.

Your answers suggest regular contact and someone checking in could help Margaret most right now.

Your answers suggest meals or household tasks may need some help.

This guide is practical help, not legal, financial or medical advice. Check details with Service Canada, the Canada Revenue Agency or a professional. In an emergency, call 911.

The first few weeks

- [ ] Ask Margaret what feels hardest right now, and what they'd like help with, and what they'd rather keep doing themselves.
- [ ] Agree a simple routine of calls and visits, so there's always something to look forward to.
- [ ] Don't rush big decisions, like selling the house or moving, unless they're necessary.
- [ ] If Margaret is grieving, be patient. Grief can affect sleep, appetite and memory for a while.

Safety basics

- [ ] Test smoke and carbon monoxide alarms, and note when to change the batteries.
- [ ] Post emergency numbers and the medication list by the phone or on the fridge.
- [ ] Consider a medical alert device, or a phone that's always within reach.
- [ ] Leave a spare key with a trusted neighbour, or use a lockbox.
- [ ] Add night lights, and keep walkways clear.
- [ ] Talk about scams: never give personal or banking details to callers, and check with family first.

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Running the household

Jobs a partner or family member used to do may now need a new plan.

- [ ] List the regular jobs: bills, banking, groceries, cooking, cleaning, repairs, the car, snow and yard.
- [ ] For each one, agree: does Margaret do it, does someone help, or is a service better?
- [ ] Set up automatic bill payments where it makes sense.
- [ ] Look into grocery or meal delivery, and a cleaning or snow-removal service.

Money and paperwork

- [ ] If a partner has died: notify Service Canada and the Canada Revenue Agency, and ask about survivor benefits. Banks, insurers and pension plans need to be told too.
- [ ] Update the names on accounts, bills and insurance where needed.
- [ ] Check that a will and Powers of Attorney are in place and up to date.
- [ ] Keep important documents in one place, and tell a trusted person where.

Staying connected

- [ ] Help keep up friendships, faith communities, clubs or volunteering.
- [ ] Look into local seniors' centres, day programs and friendly-call programs.
- [ ] If grief is heavy, a bereavement group or counsellor can help. The family doctor can suggest local options.
- [ ] Watch for signs that more help is needed: not eating, missed medications, a messy house, or withdrawing from people. Talk to Margaret's doctor if you're worried.

To keep everything organized, see the Family Caregiver Toolkit, or the Personalized Family Plan for the whole picture. senestro.ca/pricing

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Weekly check-in plan

Who calls or visits, and when. Share it with everyone who helps.

	Who calls or visits	Time	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			