

Staying involved without surveillance.

A conversation starter for an older person and the family or friends they choose. A call or visit can be the whole plan; an app is optional.

1 / What help would feel useful?

Tasks you want support with; things you prefer to handle yourself.

2 / What check-in fits ordinary life?

Channel, time window, person making contact and backup.

3 / What information may be shared?

Information, agreed recipients, purpose and when sharing ends.

4 / What if the plan changes?

The human contact sequence you agree to use if a check-in is missed.

5 / How do we change our minds?

How to decline or stop sharing and which alternatives are welcome.

6 / When will we revisit this agreement?

Date or change in circumstances; who will arrange the conversation.

A missing check-in or old signal does not establish what has happened. In an immediate threat to life or safety in India, call 112 or the appropriate local emergency service. Store completed notes privately.

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Full guide: ruxum.in/respectful-remote-support-guide