

Assessing Your Loved One's Situation

Name:

Assessment Date:

Task / Ability	Fully Independent	Some Help Required	Much Help Required	Unable To Perform
Bathing/showering	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cleaning Teeth/Dentures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Toileting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Transferring to Wheelchair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dressing & Grooming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cooking Meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Housekeeping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taking Medications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other Health Tasks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Paying Bills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Balancing Checkbook	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Memory Reliability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Socializing/Loneliness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Remembering Things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total Check Marks	—	—	—	—

Scoring The Form

Recommendations:

1. Total the score from the last 3 columns (Some Help Required, Much Help Required, and Unable To Perform).
2. Compare that total to the total below to see the recommendation.

1 or 2 points: **Consider Home Health Care:** Help with any or all of the tasks listed above can be provided at home. If your loved one needs help only with shopping, cooking, cleaning and transportation, these chores can be handled by home health care workers (or family members) in a few hours a day. If your loved one needs help with 12 or more of the tasks listed, it might require round-the-clock home care, which should be professionally-managed. In other words, you will need a number of caregivers working shifts, plus back-up staff for emergencies, plus payroll services, and team management.

3 or less: **Consider Independent Living:** If an elder no longer wants the responsibilities of caring for a large home and yard, or is lonely at home since the death of a spouse. Senior living communities will provide all the benefits of independent living, plus the socializing opportunities of living among other independent people of one's age group.

OR

Consider a Continuing Care Retirement Community: If your loved one doesn't need much help now, but doesn't want to have to move again in the future. A CCRC provides every level of care they will ever need within a single campus location.

4 to 8: **Consider Assisted Living:** If your loved one needs help with 4 to 8 tasks listed. If an elder still has some mobility and is able to provide most of her own personal care, but needs help with transportation, cooking meals, and social activities, etc. some form of assisted living may be ideal.

OR

Consider a Board & Care Home: If your loved one needs help with 4 to 8 tasks listed. If your loved one meets the criteria for assisted living, but would prefer a small home setting.

9 or more: **Consider a Nursing Home:** If your loved one needs help with 12 or more of the above, or needs a responsible presence around the clock. Nursing homes offer 24-hour nursing care for those who can no longer live independently, and for those who are recovering from an illness or injury. They also offer end-of-life care. A nursing home may be necessary if someone needs more help than a home caregiver can possibly provide.