

Are you experiencing changes in your daily routine and home environment?

Think about the challenges you may experience while navigating your daily routine. This guide can help you pinpoint areas in which you may benefit from professional services. It may be helpful to have a loved one complete a separate survey to help identify areas of need that you may not notice in your daily routine.

Personal Care Needs

Yes No Unsure

- Are you able to get in and out of bed easily?
- Can you walk or maneuver in the bathroom, bedroom, & kitchen safely?
- Are you able to bathe on a regular basis and in a safe manner?
- Are you able to maintain good overall hygiene? Combing hair, brushing teeth, shaving, etc.
- Can you put on clothing without difficulty?
- Are you able to maintain laundry and determine which articles of clothing are clean?

Yes	No	Unsure

Personal Health and Wellness

Yes No Unsure

- Are you able to plan and prepare nutritious meals for yourself?
- Are you drinking enough fluids to stay hydrated?
- Are you able to maintain a healthy weight?
- Can you take medications at the right time in the correct dosage?
- Are you able to drive to doctor's appointments?
- Have you noticed changes in vision, requiring additional sources or intensity of light?
- Have you noticed changes in hearing, requiring reduction in ambient noise?
- Have you noticed changes in strength, affecting reach, mobility and agility?
- Have you noticed changes in color perception, requiring more attention to color contrast and spectrum?
- Have you noticed changes in memory and sense of orientation, requiring environmental prompts for way finding and directing attention?

Yes	No	Unsure

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Social and Emotional Well Being

Yes No Unsure

- Are you able to attend social gatherings such as birthday parties, religious services, card club, etc.?
- Are you able to exercise on a regular basis?
- Are you able to socialize with your friends/family/neighbors on a regular basis without them having to check on you?
- Are you sleeping more during the day then at night?

Home Maintenance

Yes No Unsure

- Are home maintenance needs mounting up?
- Are you in need of bathroom and kitchen updates?
- In need of home safety equipment such as grab bars, stair lifts or railings?

Are you Considering Relocation?

Yes No Unsure

- Have you thought about downsizing?
- Have you toured housing options such as condo living/retirement setting or assisted living communities?
- Are the stairs in the house a challenge?
- Is the neighborhood changing around you, or do you have feelings of isolation?
- Would it be easier to have a no maintenance environment and all living needs met under one roof?
- Are you thinking of moving and do not know where to begin?

Next Step:

Once you have completed the questionnaire, you may find yourself able to explore the care options that are right for you. You may find it beneficial to speak with a loved one or medical professional or someone who is able to help you make a decision that puts you on a path to living a successful life either at home or wherever you chose to be.

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