

DO ANALYZE THE SITUATION AND IDENTIFY THE SERVICES YOU OR A FRIEND OR FAMILY MEMBER MAY NEED, USE THIS SIMPLE ASSESSMENT GUIDE.

Directions for Use: Pick one response in each of the following six areas. Note the appropriate number of points for that response. At the end, add up the points for all areas and see what the total score tells you on page 2.

1. Mobility

- A. Can walk unassisted from room to room and up and down stairs; could leave building without help in case of fire or other emergency.....0 points
- B. Uses a walker, wheelchair or cane; may occasionally need help getting to meals or the bathroom.....8 points
- C. Is confined to a bed or wheelchair; non-mobile.20 points

2. Eating/Medication

- A. Needs no help shopping, cooking, eating or cleaning up after meals. Safely takes correct dosages of own medications at the correct time.....0 points
- B. Needs assistance with grocery shopping, regular reminders to eat or help preparing meals. Needs some supervision to take medication safely; may tend toward confusion.10 points
- C. Needs to be fed by someone, refuses to eat, or is nourished through a tube or IV line. Unable or unwilling to take own medications safely; may be dependent on or abusing medications.....20 points

**3. Bathing/Dressing/
Grooming**

- A. Keeps clean, bathed and shampooed. Needs no help getting dressed, choosing appropriate clothes or keeping clothes and general appearance clean and neat.....0 points
- B. Needs help getting in and out of bath or shower. Needs help washing or needs reminders about bathing and personal hygiene. Needs help with shoes, buttons or zippers and/or other aspects of dressing and grooming.8 points
- C. Is not able or willing to take care of personal hygiene. Does not dress self or may take clothes off during the day.....15 points

**4. Memory Problems/
Safety/Psychological
Health**

A. Memory problems, confusion, worry or sadness do not threaten personal safety, safety of others, or the general ability to function on a day-to-day basis. Willing and able to attend to personal care, nutrition, medication and activities of the daily routine without help.
.....0 points

B. Has trouble managing personal care. Needs reminders that stove is on or water is running. May forget or need encouragement to eat, bathe or take medications. May need help handling personal financial matters.
.....10 points

C. Assistance with personal care in the home or assisted living facility is no longer enough. May wander in neighborhood and get lost. Disorientation or behavior may threaten own or others' safety.
.....15 points

**5. Hearing, Vision and
Speech**

A. Can hear normal-to-loud speech, use the phone in an emergency, respond to a fire alarm or other warning signal. Can read instructions and safety warnings; can use phone book or call out clearly in an emergency.
.....0 points

B. Has trouble hearing warning alarms; unable or unwilling to use the telephone in emergencies. May not recognize faces or other objects more than a few feet away; can't read instructions; has trouble speaking clearly; may not be able to manage hearing devices.....3 points

C. Is unable to hear and/or understand what others are saying; cannot respond to safety alarm. May appear unwilling to communicate, possibly as a result of hearing or speech problems. Impaired vision or speech endangers personal safety; cannot summon help.....10 points

6. Using the Bathroom

A. Needs no help using the toilet; controls or self-manages incontinence; can manage ostomy.
.....0 points

B. May need occasional help getting to the toilet; may have some problems with incontinence.
.....5 points

C. Cannot control bladder or bowel function; soils or wets while awake or asleep; regularly uses bedpan or diapers.
.....10 points

Total is _____points.
See next page for interpretation of results.

KEY

THIS ASSESSMENT GUIDE IS NOT INTENDED AS MEDICAL ADVICE. YOU SHOULD CONSULT YOUR PHYSICIAN REGARDING ANY HEALTH CONCERNS.

If the score from the Assessment Guide is 0-17 points: This person should be able to live independently without assistance or care. This person may benefit greatly from remaining active and involved. You may wish to consider community programs and services by calling 211 or 1-800-510-2020.

If the score is 18-28 points: This person might need assistance with personal care and/or daily routine. Such assistance is provided by Central Coast Senior Services, Inc. One call to 831-649-3363 can provide you with a free in-home consultation with a professional Home Care Coordinator to determine what are the current needs. In addition, the Home Care Coordinator can discuss future care needs as well.

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If your score is 26-34 points: This person might need 24-hour supervision for his/her safety and well-being in addition to assistance with personal care and daily activities. Such care may be provided by family members, a home-care provider or a combination of both. Central Coast Senior Services, Inc. specializes in 24-hour care offering several options depending on the level of care and safety needs of the individual. Call 831-649-3363 for a free in-home consultation.

If the score is 35 or more points: The person you are assessing might need skilled nursing care in addition to 24-hour supervision and assistance. Depending on the type of health conditions the person is experiencing, our Home Care Coordinators can work with licensed Home Health Agencies such as the Central Coast Visiting Nurses Association and Hospice to ensure the in-home medical needs are met.