

IS IT THE RIGHT TIME?

Determining if assisted living would be in your loved one's best interests.



Geriatricians, social workers and care managers often use two scales to measure a person's need for assistance. These are referred to as the **activities of daily living** (ADLs) and the **instrumental activities of daily living** (IADLs). The activities of daily living are basic, routine tasks, such as bathing, dressing, eating and using the toilet that most people are able to perform on a daily basis without assistance. The instrumental activities of daily living are more complex tasks that require a certain amount of physical dexterity, sound judgment and organizational skills. A senior's ability (or inability) to adequately perform both groups of activities is usually reflective of that person's ability to live safely and independently.

You can use this informal assessment form to help determine your or a loved one's current level of needed care. Whether the individual is able to perform all of the activities of daily living independently, needs help with just a few or with most of them, the assessment will help family, caregivers or medical professionals tailor a care plan to meet those needs. Periodic assessments over time can be equally valuable by showing patterns, predicting future needs and measuring either progress or decline.

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ASSISTANCE NEEDS ASSESSMENT

Instrumental Activities of Daily Living (IADLs)

<u>Needs assistance with</u>	<u>Rarely</u>	<u>Sometimes</u>	<u>Often</u>
Grocery shopping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Doing housework	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Preparing meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Managing money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Paying bills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dialing telephone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moving around outside of home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If the above activities are able to be performed on a routine basis without assistance, the individual should be able to live independently. However, the more frequently “Sometimes” and “Often” are checked, the more assistance is needed.

Activities of Daily Living (ADLs)

<u>Needs assistance with</u>	<u>Rarely</u>	<u>Sometimes</u>	<u>Often</u>
Dressing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moving around inside home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bathing or showering	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maintaining personal hygiene	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taking medication correctly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Getting in/out of bed or chair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Using the restroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Since the above activities describe personal care that is required on a daily basis, needed assistance is of a higher concern. Individuals with 3 or more checkmarks in “Sometimes” or “Often” should probably not be living alone.

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