

# Needs Assessment Checklist

*Below are statements for the senior to answer concerning quality of life, safety, and peace of mind. If five or more of these are true, it's time to consider a move.*

	Yes	No
If I were to fall, there would be no one to hear my call for help.	<input type="checkbox"/>	<input type="checkbox"/>
I don't travel outside my home because of vision or physical limitations.	<input type="checkbox"/>	<input type="checkbox"/>
My neighborhood has gone downhill, and safety is an issue.	<input type="checkbox"/>	<input type="checkbox"/>
There is no public transportation near my home.	<input type="checkbox"/>	<input type="checkbox"/>
I can't keep up with maintaining my home.	<input type="checkbox"/>	<input type="checkbox"/>
I am unable to go shopping and run errands.	<input type="checkbox"/>	<input type="checkbox"/>
I am lonely and have no social life.	<input type="checkbox"/>	<input type="checkbox"/>
I am not eating right.	<input type="checkbox"/>	<input type="checkbox"/>
I forget to turn off the stove.	<input type="checkbox"/>	<input type="checkbox"/>
I forget to take my medication.	<input type="checkbox"/>	<input type="checkbox"/>
I feel like I am a burden to my children, who have other responsibilities.	<input type="checkbox"/>	<input type="checkbox"/>
I feel like I have imposed on my friends and neighbors too often.	<input type="checkbox"/>	<input type="checkbox"/>
I have difficulty dressing myself and bathing.	<input type="checkbox"/>	<input type="checkbox"/>
I feel very forgetful.	<input type="checkbox"/>	<input type="checkbox"/>
I need assistance walking.	<input type="checkbox"/>	<input type="checkbox"/>
Nearby emergency medical help is important to me.	<input type="checkbox"/>	<input type="checkbox"/>

**TOTAL** \_\_\_\_\_

*If the senior answers "yes" to 5 or more of the above statements, which of the following best describes his or her feelings:*

- I would have less anxiety living independently with nearby assistance.
- I would have less anxiety being cared for by others.
- I would have less anxiety remaining at home with assistance.

*Based on the responses to the above, refer to the Senior Living Options section, starting on Page 7, to learn more about the types of living arrangements available and which will best meet your needs or the needs of your loved ones.*