

# IDENTIFY THE SERVICES NEEDED

**TO 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.

## **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.....10 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

# IDENTIFY THE SERVICES NEEDED

## Continued

### 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 TO LEVEL OF CARE

**THE FOLLOWING INFORMATION ILLUSTRATES THE TYPICAL LEVEL OF CARE NEEDED AS INDICATED BY THE SCORE FROM THE ASSESSMENT GUIDE. THIS IS A GUIDE ONLY AND IS NOT INTENDED TO DIAGNOSE.**

**If the score from the Assessment Guide is 0-17 points:** This person should be able to live independently without assistance or care. You may wish to consider other programs and services or identify forms of housing specifically for seniors. Call us at 831-649-3363 for more information.

**If the score is 18-28 points:** This person appears to need assistance with personal care and/or daily routine. This may be daily depending on an assessment.

**If your score is 26-34 points:** This person appears to be in need of 24-hour supervision for his/her safety and well-being in addition to assistance with personal care and daily activities.  
Depending on an assessment this person might be appropriate for a live-in where the in-home assistance and care is accomplished with a 24-hour shift. Keep in mind a live-in does not actually "live-in" and must be able to sleep at night.

**If the score is 35 or more points:** The person you are assessing appears to be in need of 24-hour supervision and assistance. This person would typically need awake on duty shifts and probably would not be appropriate for a live-in.

To learn more how Central Coast Senior Services, Inc. can help simply call us at 831-649-3363 for a free no obligation in-home consultation.