



## Elder Care Resources USA

### Elder Care Assessment

The following questions will help determine whether it is time to seek outside help in managing care for your loved one.



## Elder Care Assessment

The necessity of providing care giving assistance increases as we grow older, ranging from a just a few hours each week to 168 hours a week (24/7). An individual's care needs increase with age and progression of chronic disease or terminal illnesses. As well, personal safety concerns increase as the physical and mental capabilities diminish. Knowing when and how to get care giving assistance for your spouse or parents is crucial to help increase their quality of life. The following questions will help determine whether it is time to seek outside help in managing care for your loved one.

<b>Circle the point value that pertain to your loved one and total the score.</b>	<b>Points</b>
1. Is he /she immobilized in a chair or bed for over 2 hours a day (excluding sleeping).	<b>2</b>
2. Does he/she have a mental disability (Dementia or Alzheimer's)?	<b>3</b>
3. Has he/she had a stroke in the last 3 years?	<b>3</b>
4. Does your loved one have a terminal illness or chronic disease?	<b>2</b>
5. Does he/she have difficulty preparing meals and/ or eating (including loss of appetite)?	<b>3</b>
6. Does your loved need assistance with hygiene 2 times or more a week?	<b>2</b>
7. Does your loved one have difficulty using/getting to the toilet?	<b>3</b>
8. Is he/ she incontinent?	<b>3</b>
9. Does he/she need assistance with dressing?	<b>2</b>
10. Does he/she have difficulty operating a car?	<b>2</b>
11. Does he/she have difficulty sleeping through the night?	<b>2</b>
12. Has he/she stopped maintaining social contact with family and friends?	<b>2</b>
13. Does he/she use a walker?	<b>2</b>
14. Does he/she use a wheelchair?	<b>3</b>
15. Has he/she fallen in the past 6 months?	<b>3</b>
16. Has he/she been hospitalized in the last 6 months?	<b>1</b>
17. Does he/she resist discussing other living arrangements outside of the home: such as assisted living/ nursing home?	<b>2</b>
18. Is there currently a family member/caregiver providing 2 hours or more assistance each day (14 hours week)?	<b>3</b>
19. Is he/she having difficulty maintaining the house/home?	<b>2</b>
20. Is he/she widowed and/or presently living alone?	<b>2</b>
<b>Total Score</b>	

### Scoring Classifications

- 21 and under:** Minimal risk intervention-recommend 15 to 21 hours of care a week.
- 22 to 32:** Moderate risk intervention-recommend 28 to 42 hours of care a week.
- 33 to 45:** High risk intervention- recommend 50 to 70 hours of care a week.
- 47 and over:** Extreme risk intervention-recommend 168 hours of care a week (24/7).