



Needs Assessment for Senior Living Choices

Do you have the support you would need to live on your own?

Do you want to stay in your own home? Downsize to a smaller place? Move to a senior living community? As you make your housing choice, it's important not to overlook your current and potential needs. Here is an easy-to-use worksheet to help identify those areas in which you need—or may in the future need—some help.

Transportation to and from doctor's office, social activities, shopping, etc.

- a definite need now
- might be helpful
- possibly in the future
- not needed

Doing laundry and keeping up with other housekeeping chores

- a definite need now
- might be helpful
- possibly in the future
- not needed

Preparing nutritious meals

- a definite need now
- might be helpful
- possibly in the future
- not needed

Help with activities of daily living, such as dressing, grooming, bathing

- a definite need now
- might be helpful
- possibly in the future
- not needed

Yard work, such as mowing the lawn, raking leaves, snow removal

- a definite need now
- might be helpful
- possibly in the future
- not needed

Minor home repairs, such as fixing a leaky faucet, changing light bulbs

- a definite need now
- might be helpful
- possibly in the future
- not needed

Organizing and paying bills

- a definite need
- might be helpful
- possibly in the future
- not needed

Companionship—reassurance check-in

- a definite need now
- might be helpful
- possibly in the future
- not needed

Other (list here) _____

Visit www.caringnews.com to learn more.

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