

# Assessing Your Loved One's Needs



Knowing and understanding your parent or family member's needs is the first step in finding the right type of senior care. You'll want to be aware of the areas where they need (or could benefit from) assistance, as well as the tasks they can safely handle on their own.

**Use this checklist as a way to assess and identify areas in which your loved one may need support and take note of what to monitor in the future:**

CAN/DOES YOUR LOVED ONE....	YES	NO	COMMENTS
*Dress and undress without assistance?			
Safely drive or use public transportation?			
Go shopping for groceries?			
Prepare nutritious meals?			
*Have any difficulty eating?			
*Bathe or shower without assistance?			
*Get in and out of bed without help?			
Be left alone during the day?			
Properly manage finances and pay bills without assistance?			
Handle cleaning and housekeeping tasks?			
Navigate their house with ease (walking, climbing stairs, etc.)?			
*Manage their medications (dosages, when to take, etc.)?			
Handle personal hygiene tasks without assistance?			
Socialize and participate in hobbies and interests?			

\*Considered Activities of Daily Living (ADLs) - Daily tasks that are necessary for safe, independent living.

If you answered "No" to one or more of these items (especially those considered ADLs), it might be time to consider additional care options. Senior care is not about limiting your loved one's independence but offering them the appropriate level of support to enhance their lifestyle.

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