

# CAREGIVERS SUPPORT TOOL

Assessing your loved one's need for assistance can be challenging. This support tool can help you to evaluate the type and extent of care your loved one needs.

## Instrumental Activities of Daily Living

*If your loved one is able to perform these duties on a routine basis, he or she should be able to live independently. The more frequently "sometimes" or "often" are checked, the more help he or she will need.*

<b>Does your loved one need help:</b>	Rarely	Sometimes	Often
Grocery Shopping	_____	_____	_____
Housework	_____	_____	_____
Preparing meals	_____	_____	_____
Managing money	_____	_____	_____
Paying bills	_____	_____	_____
Dialing the telephone	_____	_____	_____
Moving around outside the home	_____	_____	_____

## Activities of Daily Living

*The activities in this group describe personal care that is needed on a daily basis. Persons with three or more checkmarks in "sometimes" or "often" should probably not be living alone.*

<b>Does your loved one need help:</b>	Rarely	Sometimes	Often
Dressing	_____	_____	_____
Moving around inside the home	_____	_____	_____
Bathing or showering	_____	_____	_____
Maintaining personal hygiene	_____	_____	_____
Taking medication properly	_____	_____	_____
Getting in/out of bed or a chair	_____	_____	_____
Using the bathroom	_____	_____	_____