

How to Identify Your Loved One's Elder Care Needs

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What You'll Learn

Identifying your loved one's **elder care needs** is a thoughtful, challenging process. The goal of this presentation is to help you:

1. Define a structured process for identifying needs
2. Give you the tools and checklists you'll need to identify your loved one's elder care needs.
3. Create an actionable strategy for a meaningful elder care needs assessment.

*At the end of this presentation, you'll be able to confidently **identify your loved ones' elder care needs.***

Does Your Loved One Need Elder Care?

As your loved ones grow older, it's difficult to notice the subtle differences in their functional abilities. It's often an illness, hospital stay or other incident that forces you to evaluate their behavior. Then, you must remember back to past activities to determine how the situation became so acute.

- For you, the family member or adult child, it's important to think about your loved one in a practical way.
- We have found that straightforward, objective checklists are the the most effective way to accomplish this.

A Practical Guide to Assessing Needs

The checklists in this presentation are meant to be filled out by family members. As you come closer to a family decision, you will involve healthcare and elder care professionals. As you complete these checklists, keep in mind:

- You are not being unfair or overly critical of your loved one if you check that they need assistance with a certain task.
- These checklists are meant to give you a baseline idea of how much help your loved one needs today.
- Being conservative and critical will serve your loved one better than rose-coloring the results.

Activities of Daily Living Assessment

Activities of Daily Living are common tasks that older adults often find difficult. Many of them can cause independent living to be challenging, while others can make it impossible.

It's important to establish an objective baseline for your loved one's ability to perform activities of daily living for two reasons:

1. Their inability to perform certain tasks may make your elder care search more urgent.
2. It's essential to train yourself and your loved ones to think about individual tasks, since a help with a single task may be a starting point for elder care (e.g. driving to appointments).

Activities of Daily Living Assessment

<u>Activity</u>	<u>Accomplishes Alone</u>	<u>Needs a Little Help</u>	<u>Needs a Lot of Help</u>
Bathing			
Dressing			
Toileting			
Walking			
Eating Meals			
Getting Out of a Chair			
Getting Out of Bed			
Remembering to Take Medications			

Activities of Daily Living Assessment

<u>Activity</u>	<u>Accomplishes Alone</u>	<u>Needs a Little Help</u>	<u>Needs a Lot of Help</u>
Personal Hygiene			
Household Chores			
Driving			
Using the Phone			
Paying Bills			
Doing Laundry			
Shopping			
Keeping Track of Finances			

Elder Care Wellness Assessment

The following Elder Care Wellness Assessment is intended to establish your loved one's overall health. Each topic listed addresses a common elder care concern, such as memory and vision. For each topic, assess:

- If your loved one's capabilities have diminished
- Whether the functional limitation has diminished a little bit or substantially

Do not be embarrassed or feel unfairly critical while completing this assessment. Remember, it's just an objective baseline.

Elder Care Wellness Assessment

<u>Function</u>	<u>Full Capability</u>	<u>Diminished Capability</u>	<u>No Capability</u>
Vision			
Hearing			
Memory			
Judgment & Decisions			
Socializing			
Continence			
Balance			
Energy			

Elder Care Assessment Review

After you've completed these assessment checklists, review your answers carefully.

- Did you see a clear pattern in the responses?
- Were certain functional or wellness areas more urgent than others?

Remember, elder care selection is a multi-stage process. Now that you have identified your loved one's needs, you can move to the next step: Build Consensus.

If you'd like us to walk you through these assessments, please [call or email a HealthBridge care manager today.](#)

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