



ASSESSMENT GUIDE

Is assisted living the right choice for you?

Our easy-to-follow Assessment Guide is designed to provide you with a starting point as you determine whether or not assisted living or long-term care is appropriate for you. For each question, select either Independent Living, Assisted Living, or Long-Term Care.

BATHING, GROOMING, DRESSING

Independent Living

- You can easily manage bathing, grooming, and dressing on your own.
- You need some assistance in one or several of these three areas.
- You depend on others to assist you with one or several of these three areas.

Assisted Living

- You can easily manage bathing, grooming, and dressing on your own.
- You need some assistance in one or several of these three areas.
- You depend on others to assist you with one or several of these three areas.

Long-Term Care

- You can easily manage bathing, grooming, and dressing on your own.
- You need some assistance in one or several of these three areas.
- You depend on others to assist you with one or several of these three areas.

COMMUNICATION

Independent Living

- You can use a telephone, look up phone numbers and make/receive calls without difficulty.
- You are able to make emergency phone calls, but may have poor speech and difficulty looking up phone numbers and making/receiving calls.
- You are unable to use a telephone on your own.

Assisted Living

- You can use a telephone, look up phone numbers and make/receive calls without difficulty.
- You are able to make emergency phone calls, but may have poor speech and difficulty looking up phone numbers and making/receiving calls.
- You are unable to use a telephone on your own.

Long-Term Care

- You can use a telephone, look up phone numbers and make/receive calls without difficulty.
- You are able to make emergency phone calls, but may have poor speech and difficulty looking up phone numbers and making/receiving calls.

FINANCES

Independent Living

- You are able to shop and pay bills with some assistance.
- You find it difficult to shop, do light housework, and need help paying bills and maintaining a checkbook.
- You depend on others to maintain your finances, help you shop, or perform household chores.

Assisted Living

- You are able to shop and pay bills with some assistance.
- You find it difficult to shop, do light housework, and need help paying bills and maintaining a checkbook.
- You depend on others to maintain your finances, help you shop, or perform household chores.

Long-Term Care

- You are able to shop and pay bills with some assistance.
- You find it difficult to shop, do light housework, and need help paying bills and maintaining a checkbook.
- You depend on others to maintain your finances, help you shop, or perform household chores.

MEDICATIONS

Independent Living

- You are responsible for safely administering your own medications.
- You can administer your medications but need an occasional reminder to do so.
- You cannot administer your own medications even when supervised.

Assisted Living

- You are responsible for safely administering your own medications.
- You can administer your medications but need an occasional reminder to do so.
- You cannot administer your own medications even when supervised.

Long-Term Care

- You are responsible for safely administering your own medications.
- You can administer your medications but need an occasional reminder to do so.
- You cannot administer your own medications even when supervised.

MENTAL STATUS

Independent Living

- You have normal mental functioning but sometimes can be forgetful. You can identify and meet environmental needs.
- You can become confused on occasion and need subtle reminders for orientation. You may be displaying signs of dementia or Alzheimer's disease.
- You require strong orientation, assistance and reminders. Your memory is growing severely impaired.

Assisted Living

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- You have normal mental functioning but sometimes can be forgetful. You can identify and meet environmental needs.
- You can become confused on occasion and need subtle reminders for orientation. You may be displaying signs of dementia or Alzheimer's disease.
- You require strong orientation, assistance and reminders. Your memory is growing severely impaired.

MOBILITY

Independent Living

- You are able to move independently with limited use of a walker or cane, and you could safely evacuate yourself in the event of a fire.
- You require some assistance to get around but are generally independent. You may need some help to evacuate yourself in the event of an emergency. Use cane, walker, or wheelchair.
- You need full assistance in order to stand up and you are unable to get assistance in the event of an emergency.

Assisted Living

- You are able to move independently with limited use of a walker or cane, and you could safely evacuate yourself in the event of a fire.
- You require some assistance to get around but are generally independent. You may need some help to evacuate yourself in the event of an emergency. Use cane, walker, or wheelchair.
- You need full assistance in order to stand up and you are unable to get assistance in the event of an emergency.

Long-Term Care

- You are able to move independently with limited use of a walker or cane, and you could safely evacuate yourself in the event of a fire.
- You require some assistance to get around but are generally independent. You may need some help to evacuate yourself in the event of an emergency. Use cane, walker, or wheelchair.
- You need full assistance in order to stand up and you are unable to get assistance in the event of an emergency.

NUTRITION

Independent Living

- You are able to prepare your meals and eat without help.
- You can prepare snacks, small meals, and need assistance with main meals. You sometimes have meals delivered.
- You are unable to prepare your meals and you need help feeding yourself.

Assisted Living

- You are able to prepare your meals and eat without help.

- You can prepare snacks, small meals, and need assistance with main meals. You sometimes have meals delivered.
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Long-Term Care

- You are able to prepare your meals and eat without help.
- You can prepare snacks, small meals, and need assistance with main meals. You sometimes have meals delivered.
- You are unable to prepare your meals and you need help feeding yourself.

PHYSICIAN CONTACT

Independent Living

- You are able to schedule medical appointments and see your doctor as needed.
- You are faced with chronic health issues and on-site physician access may be beneficial to you. It is difficult for you to schedule your appointments and to see your doctor.
- You need to visit your physician on a regular basis.

Assisted Living

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Long-Term Care

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- You are faced with chronic health issues and on-site physician access may be beneficial to you. It is difficult for you to schedule your appointments and to see your doctor.
- You need to visit your physician on a regular basis.

SAFETY

Independent Living

- You can safely live alone without supervision for a 24-hour period.
- You require continual contact with another person, it is unsafe for you to be alone for more than 24 hours, and you have fallen more than three times during the past 12 months.
- You require frequent contact and need continual and close supervision.

Assisted Living

- You can safely live alone without supervision for a 24-hour period.
- You require continual contact with another person, it is unsafe for you to be alone for more than 24 hours, and you have fallen more than three times during the past 12 months.
- You require frequent contact and need continual and close supervision.

Long-Term Care

- You can safely live alone without supervision for a 24-hour period.

- You require continual contact with another person, it is unsafe for you to be alone for more than 24 hours, and you have fallen more than three times during the past 12 months.
- You require frequent contact and need continual and close supervision.

TOILETING

Independent Living

- You have no continence issues and can live independently.
- You have some issues with incontinence and may require use of a bedside commode at night.
- You are incontinent and have difficulty communicating your needs.

Assisted Living

- You have no continence issues and can live independently.
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Long-Term Care

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