

Evaluating Needs*

ADAPTED from Seniorhousingnet.com

DIRECTIONS:

Evaluating Needs is an assessment tool that can be used as a guideline to determine which type of housing or care best meets needs for support services (e.g. meals, housekeeping) or assistance with personal care. For each category below, please select the description that best describes the person's abilities. If necessary, modify the description to better reflect needs.

> Circle only one choice per category. (Numbers are not sequential)

> When finished add up the points; See Interpretation of score on Page 4

1. MOBILITY

POINTS	
1	Capable of moving about independently. Able to seek and follow directions. Able to evacuate independently in case of emergency.
2	Ambulatory with cane or walker. Independent with wheelchair but needs help in emergency.
3	Requires occasional assistance to move about, but usually independent.
4	Mobile, but may require assistance due to confusion, poor vision, weakness or poor motivation.
5	May require assistance when transferring from bed, chair or toilet.
6	Requires transfer and transport assistance. Requires turning in bed and in wheelchair.

2. NUTRITION

1	Able to prepare own meals. Eats meals without assistance.
3	Can do some meal preparation, but needs main meal prepared daily.
4	Needs all meals prepared and served.
5	May require assistance getting to meals and or assistance when eating, such as opening cartons or cutting food.
6	May be mostly or totally dependent on others for nourishment (includes reminders to eat and/or assistance when eating).

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3. HYGIENE

1	Independent in all care including bathing, shaving, dressing.
4	May require assistance with bathing or hygiene or may require reminders or initiation assistance.
6	Dependent on others for most or all personal hygiene tasks.

4. HOUSEKEEPING

POINTS	
1	Independent in performing housekeeping functions (including bedmaking, vacuuming, cleaning and laundry).
2	May need assistance with heavy housekeeping, vacuuming, laundry, changing linens.
3	Needs laundry and housekeeping services provided.

5. DRESSING

1	Independent and dresses appropriately.
4	May require assistance with shoelaces, zippers, medical appliances or garments, or may require reminders, motivation or initiation assistance.
5	Dependent on others for dressing.

6. TOILETING

1	Independent and completely continent.
2	May have incontinence, a colostomy or catheter but is independent in caring for self through proper use of supplies.
4	May have occasional problems with incontinence, colostomy or catheter care, or may require assistance in caring for self through proper use of supplies.
5	May be unwilling or unable to manage own incontinence through proper use of supplies or may require physical assistance with toileting on a regular basis.
6	Regularly and uncontrollably incontinent, dependent or unable to communicate needs.

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7. MEDICATIONS

1	Responsible for self-administration of medications.
3	Able to self-administer medications, but others may need to remind and monitor the actual process.
4	Family or home health agency has arranged a medication administration system with reminders and monitoring by family members or others.
6	Cannot administer own medications, even with supervision. Medications must be administered by licensed personnel.

8. MENTAL STATUS

POINTS	
1	Oriented to person, place and time. Memory is intact but may have occasional forgetfulness with no pattern of memory loss. Able to reason, plan and organize daily events. Has mental capacity to identify environmental needs and meet them.
3	May require occasional direction or guidance in getting from place to place, or may have difficulty with occasional confusion that may result in anxiety, social withdrawal or depression. Orientation to time, place or person may be minimally impaired.
5	Judgment may be poor. May not attempt tasks that are not within capabilities. May require strong orientation assistance and reminders.
6	Disoriented to time, place and person, or memory is severely impaired. Usually unable to follow directions.

9. BEHAVIORAL STATUS

1	Deals appropriately with emotions and uses available resources to cope with inner stress. Deals appropriately with others.
3	May require periodic intervention from others to facilitate expression of feelings in order to cope with inner stress. May require periodic intervention from others to resolve conflicts and cope with stress.

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BEHAVIORAL STATUS (con't)

5	May require regular intervention from others to facilitate expression of feelings and to deal with periodic outbursts of anxiety or agitation
6	Maximum intervention is required to manage behavior. May pose physical danger to self or others, or is abusive or unacceptably uncooperative.

_____ TOTAL POINTS

INTERPRETATION OF SCORES

The total score will give you a ***general*** idea about which type of housing or care would be most appropriate for the candidate. The following score ranges show the typical levels of residents at various types of senior residences or care facilities:

34-50 POINTS	RESIDENTS OF NURSING HOMES
19-40 POINTS	RESIDENTS OF ASSISTED LIVING FACILITIES
13-23 POINTS	RESIDENTS OF CONGREGATE SENIOR HOUSING COMMUNITIES/ SUPPORTIVE HOUSING
8-18 POINTS	RESIDENTS OF INDEPENDENT LIVING/ SENIOR APARTMENTS

Perhaps the most important part of this scoring is to look at the highest scores you have selected. Certain physical conditions or needs for service can preclude a person from living in a particular type of senior care. For example, a person who has uncontrolled incontinence would not be admitted to a congregate senior housing community.

The Housing Bureau for Seniors is a community supported program of
University of Michigan Health System

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If a candidate scores a 6 in any category, the most appropriate level of care will probably be a specially equipped assisted living facility or a nursing home.

*******Disclaimer*******

This Assessment Tool is meant to be used as a **guideline only**. Caregivers and seniors should consult with health & social professionals and the facilities themselves to make an appropriate choice.