Assisted Living Care Residence: Personal Assessment Guide

Below is a list of possible care needs, services or amenities that you or family member may be seeking with assisted living care residence. Check those that are relevant to you. Use this as a discussion tool with each assisted living care residence that you are considering so that you understand the services they can provide to you and what their limitations may be.

<table>
<thead>
<tr>
<th>Are you or your family member medically stable?</th>
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<tbody>
<tr>
<td><strong>Do you have any of these special needs?</strong></td>
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<tr>
<td>__Diet (e.g. diabetic, celiac) ____ Smoking ____ Hospice care</td>
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<tr>
<td>__Tube feedings ____ Tracheotomy care ____ Catheter care</td>
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<tr>
<td>__motorized wheel chair use ____ Incontinence care ____ Oxygen Administration</td>
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</tbody>
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<table>
<thead>
<tr>
<th>What are your medication requirements?</th>
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<tbody>
<tr>
<td>__Needs IV drugs ____ Can self-administer ____ Need assist with blood sugars/insulin</td>
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<tr>
<td>__Needs medication dispensed by a licensed nurse</td>
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<tr>
<th>Any special mental health or behavioral needs?</th>
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<tbody>
<tr>
<td>__ Is depressed __ Is anxious __ Has aggressive behavior or other inappropriate behaviors</td>
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<th>Are there memory care needs?</th>
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<tbody>
<tr>
<td>__Requires a special program by trained staff</td>
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<tr>
<td>__Needs locked unit</td>
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<tr>
<th>Do you want/need flexibility to go between different levels of care?</th>
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<tr>
<td>Do you want/need accommodation for spouse with different needs?</td>
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<tr>
<th>Rate the help needed with each activity by placing the appropriate number by each activity:</th>
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<tbody>
<tr>
<td>__Eating ____ Bed making ____ Bathing ____ Preparing meals ____ Laundry</td>
</tr>
<tr>
<td>__Toileting ____ Grooming ____ Walking ____ Shopping ____ Paying bills</td>
</tr>
<tr>
<td>__Transferring ____ Medications ____ Dressing ____ Emotional/Social Support</td>
</tr>
</tbody>
</table>

* Rating Scale 0 = independent 1= Cueing 2 = Limited Assistance 3= Extensive Assistance 4 = Total Assistance
### Prospective Resident’s Needs and Interests

#### How easy is it to walk and move around?
- Can exit a room without assistance
  (e.g., transfer independently, exit an apartment to a hallway, use stairs and exit the building)
- How difficult will it be to walk the distance from your potential unit to the dining room?

#### What support services do you want?
- [ ] home care coordination
- [ ] on-site dental & podiatry services
- [ ] hospital discharge planning
- [ ] on-site wellness clinic
- [ ] RN clinical assessments
- [ ] on-site physical therapy & other rehab services

#### What kind of emergency response system (ERS) would you feel comfortable with?
- [ ] 24 hr. emergency response system (ERS) by [ ] RN [ ] LPN [ ] security staff
- [ ] Will use personal ERS

#### What optional services are you interested in?
- [ ] Hospice care
- [ ] Scheduled transportation (e.g., events, stores)
- [ ] Escorts to medical appointments
- [ ] Meal trays brought to the room
- [ ] Home care agency services
- [ ] Personal doctor
- [ ] Skilled care services
- [ ] Social work services

#### Desired Opportunities
- [ ] Personal Pet
- [ ] Personal Car (with or without covered parking)
- [ ] Access to public transportation
- [ ] Access to senior cab
- [ ] Formal orientation program for new residents
- [ ] Assistance with transition (e.g., unpacking)

#### Amenities
- [ ] spa
- [ ] gift shop
- [ ] exercise room
- [ ] barber/beauty shop
- [ ] library
- [ ] computer room
- [ ] room for family parties
- [ ] chapel
- [ ] walking trails
- [ ] gardens
- [ ] patios
- [ ] enclosed courtyard
- [ ] general store

#### Education Programs
- [ ] on preventative health issues
- [ ] general topics
- [ ] for families

#### Exercise Programs
- [ ] to prevent falls
- [ ] to maintain strength
- [ ] for fun
- [ ] outdoor activities

#### Trips
- [ ] for shopping
- [ ] special interests

#### Social Gatherings
- [ ] large
- [ ] small
- [ ] clubs

#### Support groups
- [ ] for families
- [ ] resident special concerns/interests
- [ ] memory disorders

#### Artist expression
- [ ] woodworking
- [ ] crafts
- [ ] music