

Long-Term Care Home Self-Assessment

Instructions: Please answer this questionnaire and check the advice below to determine whether you should consider a long-term care home or not.

1. Have your parents experienced ageing signs?

- Yes. → Move the next question.
- No. → See Advice A.

2. Are your parents generally independent, or do they need some form of support?

- They are generally independent → See Advice A.
- They need support → Move to next question.

3. Do your parents have any physical disabilities?

- Yes. → Move to next question.
- No. → See Advice A.

4. Are your parents facing difficulties with instrumental activities of daily living such as housework or transportation?

- Yes. → Move to next question.
- No. → See Advice A.

5. Are your parents starting to show impairments in individual functioning that may be a threat to their independence? For instance, difficulty managing medications and physical disability combined with mild cognitive impairment.

- Yes. → Move to next question.
- No. → See Advice B.

6. Are your parents experiencing debilitating health issues or serious conditions that impact their ability to remain independent? Such as challenging, aggressive behaviours, physical disabilities, or cognitive impairments.

- Yes. → See Advice C.
- No. → Move to next question.

7. Is there any professional/certificated caregiver who takes care of your parents?

- Yes. → See Advice D.
- No. → See Advice B.

Advice:

- A. We are glad to announce that your parents are probably doing well, and they do not need additional care from others. Keep in touch with your parents daily and check whether they face ageing signs or cognitive impairment.

- B. Your parents' need for nursing home care service is low to mild so they are most likely not eligible for long-term care home care. You can choose other professional care services such as home care services.

- C. Your parents probably need long-term care home services. Please check the eligibility and requirements of your of your state/province and discuss long-term care home options with your parents.

- D. Your parents are getting the care services they need! Check whether or not your parents need medical care more frequently, and if they do, you should consider long-term care home services.