

Home Care Requirements - Self-Assessment

Instructions: Please use this checklist to identify your loved ones' care requirements and determine the care services you need. However, please only use this checklist as a guide, and discuss with your doctors for further decisions.

Does Your Loved One...	Yes	No	We Need Home Caregivers To Provide...
Dress and undress independently without help?	<input type="checkbox"/>	<input type="checkbox"/>	
Drive or use public transportation independently without assistance?	<input type="checkbox"/>	<input type="checkbox"/>	
Go shopping for things they need independently?	<input type="checkbox"/>	<input type="checkbox"/>	
Prepare and eat meals on their own?	<input type="checkbox"/>	<input type="checkbox"/>	
Take a bath or shower without help?	<input type="checkbox"/>	<input type="checkbox"/>	
Pay bills and manage finances on their own?	<input type="checkbox"/>	<input type="checkbox"/>	
Clean the house or apartment independently?	<input type="checkbox"/>	<input type="checkbox"/>	
Live alone and be left alone during the day with minimal issues?	<input type="checkbox"/>	<input type="checkbox"/>	
Manage their medications and treatments alone?	<input type="checkbox"/>	<input type="checkbox"/>	
Remain interested in social activities and hobbies?	<input type="checkbox"/>	<input type="checkbox"/>	
Maintain a healthy weight?	<input type="checkbox"/>	<input type="checkbox"/>	
Stay connected with their families, friends, and neighbours?	<input type="checkbox"/>	<input type="checkbox"/>	
Do physical exercises easily?	<input type="checkbox"/>	<input type="checkbox"/>	

For any question where you checked “no”, you should talk with your loved one and determine whether or not home caregivers should provide the corresponding care services.