

# Needs Assessment Worksheet for Adult Caregivers

This worksheet will help you and other family members determine what types of assistance your loved one needs.

## ACTIVITIES OF DAILY LIVING (ADLS)

	NEEDS		
	No help	Some help	Much help
Bathing			
Dressing			
Grooming			
Toileting			
Eating a nutritious diet			
Getting out of bed			
Getting out of chair			
Walking			

## INSTRUMENTAL ACTIVITIES OF DAILY LIVING (IADLS)

	NEEDS		
	No help	Some help	Much help
Using the telephone			
Shopping for personal items			
Transportation			
Managing money			
Doing laundry			
Light housework			
Preparing meals			

## CONDITIONS/FUNCTIONAL STATUS

How do the following affect the person's ability to function?

	EFFECT		
	None	Some	Major
Hearing			
Vision			
Perception			
Orientation			
Thinking			
Memory			
Decision making			
Judgment			
Physical dexterity			
Balance			

	EFFECT		
	None	Some	Major
Strength			
Energy			
Bladder/bowel control			
Arthritis			
Hypertension			
Heart disease			
Diabetes			
Physical deformity			
Depression			

## ENVIRONMENTAL SAFETY

Which barriers can be removed or changed?

	Limitation	No problem	Needs changed
<b>Neighbourhood</b>	Safety		
	Convenience		
	Friends or relatives nearby		
<b>Living Quarters</b>	Age of dwelling		
	Roof in good repair		
	Windows in good repair		
	Siding in good condition		
	Looks cared for		
	Security and safety		
	Deadbolt locks on outside doors		
	Peephole in front door		
	Window bars or locks		
	Visible from road (no large trees or bushes block view)		
	Smoke alarms installed, tested		
Passageways clear of wires and clutter			
<b>Stairs</b>	Handrails on both sides		
	In good repair and nonskid surface		
	Clearly marked		
<b>Floors</b>	Nonskid, level surfaces		
	Nonglare surfaces		
	No loose rugs		
<b>Furnishings</b>	Couch and chairs easy to use		
	Tables the right height		
	Bed easy to get in and out of		
<b>Lighting</b>	Light switches easy to reach		
	Important areas are well-lit		
	Light diffused from windows and surfaces (no glare)		
	Passageways have night lights		
<b>Kitchen</b>	Lever handles on sink		
	Clean rubber mat by the sink		
	Items used often are accessible		
	Storage is easy to get to		
	No objects are over the stove		
<b>Bathroom</b>	Grab bars attached to studs, by the toilet and tub or shower		
	Nonskid strips in the tub or shower		
	Hand-held shower head		
	Nonslip bath mat or rug		