

## Care Needs Questionnaire

Based on discussion topics created by Dr. John Bowling  
Score on scale of 0-4 (Always =0 to Never =4)

1. Family Support: My loved one has easy access to a caring support system of family & friends that they can rely on for daily assistance with physical, financial, and emotional needs. These family members & friends can provide support willingly, without compromising their own daily lives and schedules.
2. Mobility: My loved one is very mobile and can walk indoors & outdoors easily without falling. They can safely operate an automobile and navigate city streets and highways.
3. Memory: My loved one has a good memory and can remember the names and personal histories of family. They can remember to perform important daily tasks such as locking doors, turning off stove burners, taking medications, maintaining personal hygiene, etc.
4. Medical: My loved one can follow medical directions consistently and read prescription regimen and take all the proper medications without supervision.
5. Meal Preparation: My loved one can cook for themselves on a regular basis, shop for groceries without assistance, and keeps the home well-stocked with fresh and healthy foods.
6. Personal Hygiene: My loved one bathes or showers regularly and keeps clothing laundered and fresh. They pay attention to personal hygiene and personal appearance as much as they did five years ago.
7. Home Safety: My loved one's home offers a safe environment for living and socializing; my loved one keeps it clean, well heated and cooled, and free from pests. The house is free from clutter and hazards (loose rugs, exposed wiring, slippery tile, uneven surfaces, etc.) and my loved one would know what to do in the case of an emergency.
8. Social Interaction: My loved one is active and can socialize with others both inside and outside the home. They maintain the same level of social activity and friendships that they did five years ago.

*This same questionnaire can be used to aid in discussions of needs with the individual by substituting "You" for "Loved One" and "You" for "They." This can sometimes assist them with any disconnect they may have with the expectations they may have for family members or friends.*