



## Daily Living Comforts: Assessment Checklist

The following “It’s Ok To Ask For Help” Needs Assessment Checklist will provide an easy way to evaluate the non-medical home care needs desired.

<b>Daily Living Personal Care - Do you or your loved ones need assistance with:</b>	<b>YES</b>	<b>NO</b>
Bathing and dressing		
Personal hygiene & grooming, including shaving, nail care - no cutting, oral care and denture care		
Medication reminders		
Incontinence care		
Getting around		
Diet monitoring		
Fluid intake monitoring and hydration		
Other		

<b>Daily Living Errands &amp; Transportation – Is it difficult for you or your loved ones to do the following activities:</b>	<b>YES</b>	<b>NO</b>
Keep up with medical or dental appointments		
Getting to the Pharmacy		
Picking up prescriptions		
Going to the Post Office		
Going to the beauty/barber shop		
Dine out for breakfast, lunch or dinner		
Banking ( transportation only )		
Shopping & errands		
Theater and movie events		
Other		



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<b>Daily Living Around the House – Is it difficult for you or your loved ones to keep up with:</b>	<b>YES</b>	<b>NO</b>
Meal planning and cooking		
Light housekeeping		
Personal laundry, including linen changes		
Home organization & mini projects, i.e., closet & dresser cleaning		
Home safety		
Appointment arrangements and reminders		
Pet care		
House plant care		
Other		

<b>Daily Living Companionship – Would you or your loved ones benefit from:</b>	<b>YES</b>	<b>NO</b>
Companionship, conversation & current event discussions		
Assistance with letter writing, memoir recording & other correspondence		
Assistance with walking, light exercises & other activities to encourage independence		
Someone to Watch TV with		
Someone to do arts and craft projects with		
Playing cards and other board games		
Doing crossword puzzles with someone		
Other		



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Daily Living Function and Status - Do the following affect you or your loved ones ability to function?	YES	NO
Hearing		
Vision		
Perception		
Orientation		
Thinking		
Memory/Forgetfulness		
Decision-Making/Judgment		
Physical Dexterity		
Balance		
Strength		
Energy		
Physical Impairment		
Other		

Since you have completed the Daily Living Comforts checklist you should be clearer about the support you need to organize in order to **live at home better and longer**. The next step is to engage Daily Living Comforts for an in depth and personal **“It’s Ok to Ask for Help” Assessment Interview** for the support services you will need for you or your loved ones.