

Care Needs Assessment

A quick way to see how much help is really needed, and which kind of care fits.

Check everything the person needs help with in a typical week. The pattern that emerges points toward the right level of care, and makes every call to an agency or community far more productive.

Everyday activities (ADLs)

- ☐ Bathing or showering safely
- ☐ Dressing and grooming
- ☐ Using the toilet / continence care
- ☐ Moving safely (walking, transfers, getting out of bed)
- ☐ Eating

Independent living tasks (IADLs)

- ☐ Preparing meals
- ☐ Managing medications correctly and on time
- ☐ Housekeeping and laundry
- ☐ Managing money and bills
- ☐ Transportation and errands
- ☐ Using the phone or reaching help

Health and safety

- ☐ Recent falls or unsteadiness
- ☐ Memory loss, confusion, or wandering
- ☐ Wound care, injections, or other skilled nursing needs
- ☐ Chronic conditions needing monitoring
- ☐ Unsafe events (stove left on, medications mixed up, getting lost)
- ☐ Weight loss, missed meals, or poor nutrition

Well-being and support

- ☐ Signs of isolation, sadness, or loss of interest
- ☐ Caregiver stress or burnout in the family
- ☐ Needs supervision during the day / at night

What this suggests

Mostly IADLs and light help: **in-home care, adult day, or independent living** may fit. Several ADLs plus supervision: **assisted living or an adult care home**. Memory loss with wandering or exit-seeking: **memory care**. Skilled nursing or 24-hour medical needs: **a nursing facility**. Use the free Start Here tool at

ashevillesseniorcareguide.com/guides/start-here to sort it out.