



ABILITIES AND CHANGES CHECKLIST

Sometimes it's hard to know when a person you care about needs extra help. Perhaps you haven't seen them in a long time, and the changes are more noticeable now. Is it normal aging? Or something more?

Using the checklists below will help guide you in making the decision to consider a different living situation; whether it is in-home help or community living. The first list considers the Instrumental Activities of Daily Living (IADLs) that are needed for a person to live on their own. The second is for the Activities of Daily Living that help a person with daily personal care.

INSTRUMENTAL ACTIVITIES OF DAILY LIVING

How often does your loved one need help:

	Rarely	Sometimes	Often
Going Grocery Shopping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Doing Housework	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Preparing Meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Managing His/Her Own Money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Placing Telephone Calls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moving Around Outside the Home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If your loved one is able to perform the above IADLs on a routine basis without assistance, he/she should be able to live independently. If "Sometimes" and "Never" are checked frequently, the person will need more help.

ACTIVITIES OF DAILY LIVING

How often does your loved one do the the following without assistance?

	Rarely	Sometimes	Often
Get Dressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Move Around Inside the Home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bathe or Shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maintain Personal Hygiene	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take Medication Correctly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get In/Out of a Bed or Chair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use the Toilet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Because these activities are personal care that are required on a daily basis, any care needed is of a higher level. People with three or more checkmarks in “Sometimes” or “Often” probably should not be living alone.

NEXT STEPS

Now that you have a picture of what the abilities of someone you care about might be, what do you do with it? Start with a conversation! You can also take this checklist to his or her physician, and share the information.

Come visit us! We’ll be glad to show you some options in independent and assisted living and help to move the conversation along. At the Sarah Chudnow Community, Chai Point Senior Living, and Jewish Home and Care Center, we cater to your lifestyle!



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