



Mata Independence Score

A 3-Minute Self-Check for Living Well at Home

Instructions

For each question, choose the answer that best reflects your current situation.

Yes, consistently = 2 points

Sometimes / Unsure = 1 point

No / Not in place = 0 points

The 10 Questions

1. Is your home free from tripping hazards, with good lighting and secure railings or grab bars where needed?
2. Have you taken specific steps in the past year to reduce your fall risk (balance exercises, medication review, vision check)?
3. Do you have a reliable system to take medications correctly and consistently every day?
4. Do you feel confident that changes in your health would be noticed and addressed quickly?
5. If you fell or had a medical emergency, could you get help immediately?
6. Are you actively maintaining your strength, balance, and mobility at least 2–3 times per week?
7. Do you have regular, meaningful social interaction each week?
8. Does your current home layout fully support your mobility and daily routines?
9. Do your healthcare providers, caregivers, and family members communicate effectively about your care?
10. Do you have a clear, written plan for how you would handle a sudden change in health or living needs?

Scoring

16–20 points: You are well-positioned for sustainable independence. Continue proactive planning.

10–15 points: You may have some preventable risk factors. Small adjustments now can protect long-term stability.

0–9 points: There are likely gaps that could increase the risk of falls, hospitalization, or unnecessary transitions. A proactive assessment is strongly recommended.

Want a deeper review?

Schedule a Comprehensive Mata Aging-in-Place Assessment to identify personalized strategies that protect comfort, safety, and independence.