Homemaker, Personal Care, Adult Day Assessment Form

Welcome! Please tell us a bit about yourself so we can offer services that best meet your needs. All your personal information is confidential. Please see the attached FAQs for more information.

# Registration and Eligibility Section – Must Be Completed Prior to Service

First Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Middle Name (if applicable): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Last Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Nickname (if applicable): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Only individuals aged 60 and older are eligible.

## Please select your eligibility for homemaker, personal care, or adult day services:

* You have cognitive impairment, and you need another person to provide physical guidance or spoken instructions to keep yourself or others safe. ☐Yes ☐No

and/or

* Homemaker: You have 2 or more Instrumental Activity of Daily Living (IADL) limitations ☐Yes ☐No ☐Not applicable
* Personal Care and Adult Day: You have 2 or more Activity of Daily Living (ADL) limitations ☐Yes ☐No ☐Not applicable

# Contact Information Section

Home Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Address Line 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Address Line 2 (Apt/Unit/Floor):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

County: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_\_\_\_\_\_\_\_\_Zip: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mailing address is the same as home address

Mailing Address Line 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mailing Address Line 2 (Apt/Unit/Floor): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_\_\_\_\_\_\_\_\_ Zip: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Demographics Section – Used for Anonymous Reporting to Our Funders

* Gender (select all that apply): Male Female Non-binary/Third gender Transgender

Another gender not listed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Refuse to answer question

* Ethnicity: Hispanic or Latino/a/e Not Hispanic or Latino/a/e Refuse to answer question
* Racial Identity (select all that apply):

American Indian or Alaska Native Asian or Asian American Black or African American

Middle Eastern or North African Native Hawaiian or Pacific Islander White

Another identity not listed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Refuse to answer question

* Do you live alone or with others? Alone With others Refuse to answer question
* Is your income above or at/below the amount listed for your household size in the table:

Above At/below Refuse to answer question

## Income Levels Table

|  |  |  |
| --- | --- | --- |
| Household Size | Monthly Income | Annual Income |
| 1 | $1,304 | $15,650 |
| 2 | $1,763 | $21,150 |

Use the table to determine if your income is above or at/below the monthly or annual income listed for your household size. For each additional person, add $5,500 to annual income.

# Communication Section

What is your primary language? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Service Access and Support Section

* Health Insurance (select all that apply):

Medicare Medicare Advantage Medicaid Medicaid Waiver(s) VA Private

None Other insurance: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Refuse to answer question

* Can you access this service through another benefit or program? For example, through Medicaid or Medicare benefits? Yes No Refuse to answer question I don’t know
* Do you have reliable outside support from family, friends, or a caregiver? Yes No Refuse to answer question
* Are you homebound? Select “Yes” if any of the following statements are true for you:
  + You need the help of another person to leave your home, or
  + You have a health condition or disability that makes it difficult to leave your home on a regular basis, or
  + You are only able to leave your home infrequently and for short periods of time

Yes No Refuse to answer question

* Are you isolated from community resources? Examples of community resources include stores, banks, health services, and senior center activities. Select “Yes” if any of the following statements are true for you:
  + You live in a remote area, or
  + You have a health condition or disability that makes it difficult for you to access community resources, or
  + You have financial or technology challenges that make it difficult for you to access community resources, or
  + You cannot drive or use public transportation, or
  + You do not feel welcome in your community due to cultural or language barriers

Yes No Refuse to answer question

# Nutrition Screening Section

## Nutrition Risk Score

Determine your nutritional health. If the statement is true for you, check the box in the “Yes” column and add the points in the “Yes Score” column to your total score.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Nutrition Risk Score Questions | Yes | No | Refuse to Answer Question | Yes Score |
| 1. Do you have an illness or condition that has made you change the kind and/or amount of food you eat? |  |  |  | 2 |
| 1. Do you eat fewer than 2 meals per day? |  |  |  | 3 |
| 1. Do you eat few fruits, vegetables, or milk products? |  |  |  | 2 |
| 1. Do you have 3 or more drinks of beer, liquor, or wine almost every day? |  |  |  | 2 |
| 1. Do you have tooth or mouth problems that make it hard for you to eat? |  |  |  | 2 |
| 1. Are there times you do not have enough money to buy the food you need? |  |  |  | 4 |
| 1. Do you eat alone most of the time? |  |  |  | 1 |
| 1. Do you take 3 or more different prescribed or over the counter drugs a day? |  |  |  | 1 |
| 1. Without wanting to, have you lost or gained 10 pounds in the last 6 months? |  |  |  | 2 |
| 1. Are there times you’re physically unable to shop, cook, and/or feed yourself? |  |  |  | 2 |

Total Nutrition Risk Score (Total “Yes” Score): \_\_\_\_\_\_\_\_\_\_\_\_

Total Nutrition Risk Score Meaning: 0-2 = No Risk, 3-5 = Moderate Risk, 6 or more = High Risk

If you are at high nutrition risk – speak with a qualified health or social service professional.

# Activities of Daily Living – Must Be Completed for Eligibility

For each activity, please mark the level of help you need.

| Activities of Daily Living | Independent: I don’t need any help with this activity | Some help: I need some help or reminders from another person, but I can do parts of this activity on my own | Dependent: I always need help from another person to do this activity | Refuse to Answer Question |
| --- | --- | --- | --- | --- |
| 1. Bathing or showering |  |  |  |  |
| 2. Dressing - Putting on and taking off clothing and shoes |  |  |  |  |
| 3. Using the bathroom - Getting to and on/off the toilet, managing clothing, wiping |  |  |  |  |
| 4. Transferring In/Out of Bed/Chair - Getting in and out of sitting or lying positions |  |  |  |  |
| 5. Walking/Getting Around the House |  |  |  |  |
| 6. Eating and drinking |  |  |  |  |

Comments on ADLs: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Instrumental Activities of Daily Living– Must Be Completed for Eligibility

For each activity, please mark the level of help you need.

| Instrumental Activities of Daily Living | Independent: I don’t need any help with this activity | Some help: I need some help or reminders from another person, but I can do parts of this activity on my own | Dependent: I always need help from another person to do this activity | Refuse to Answer Question |
| --- | --- | --- | --- | --- |
| 1. Meal Preparation – Planning, making, and cleaning up meals |  | ☐ |  |  |
| 2. Shopping – selecting and paying for food, household supplies, clothing, and other items |  |  |  |  |
| 3. Medication Management – getting prescriptions filled and taking medications as prescribed |  |  |  |  |
| 4. Money Management – budgeting, using cards and bank accounts, paying bills |  |  |  |  |
| 5. Using a Telephone – making and receiving calls |  |  |  |  |
| 6. Light Housework – tidying up, sweeping, vacuuming, mopping, cleaning kitchen and bathroom surfaces, taking out garbage |  |  |  |  |
| 7. Heavy Housework – deep cleaning the home, moving light furniture to clean under/behind |  |  |  |  |
| 8. Transportation – driving, walking, or using other forms of available transportation, like buses |  |  |  |  |

Comments on IADLs: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Does anyone help you with ADL or IADL activities? ☐Yes ☐No ☐Refuse to answer question

If yes, who is assisting you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Emergency Contact Section

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Relationship: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Refuse to provide contact

# Disclosures and Waivers

I have been informed of the policies regarding voluntary contributions, complaint procedures and appeal rights. I am aware that in order to receive requested services, it may be necessary to share information with other departments or service providers and I give my consent to do so.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If filled out by someone other than the client (for example a caregiver or assessor, please check here ☐ and sign below)

Filled out by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_