



Often activities of daily living can become more difficult when our bodies age. Can your loved one -

1. Get in and out of bed without assistance?
2. Bath or shower without assistance? How often?
3. Still show a general interest in personal hygiene and health?
4. Gather food, prepare meals, and clean up?
5. Maintain a healthy weight?

Mobility can lessen and tasks can become more time consuming. Does your loved one -

1. Walk, climb stairs, navigate around the house with ease?
2. Have hobbies, interests, physical activities and can be left alone?
3. Effectively manage their homes domestic chores and tasks including cleaning, utilities bills, out side services, or medications and personal finances?
4. Drive a vehicle have friends that assist, or utilize public transportation such as taxi, Uber service?
5. Do you see your loved one as living a healthy well balanced life style that includes maintaining personal and social interests as well as meeting their responsibilities?