



Care Needs Assessment Checklist

Evaluate Your Loved One's Home Care Needs

Introduction

Determining when your loved one needs professional care can be challenging. This Care Needs Assessment Checklist is a downloadable tool designed to help families assess whether home care services are required. It covers key areas like physical health, cognitive abilities, daily activities, and emotional well-being, helping families understand the level of care needed.

At SuBon Home Care, we believe in providing personalized, compassionate care. This checklist will give you an actionable starting point to make informed decisions about your loved one's care needs.



How It Works

The checklist is organized into five key categories. For each category, you'll answer a series of simple questions to evaluate your loved one's needs. Once completed, you can tally your answers to receive a suggested level of care.

Categories Covered

1. Activities of Daily Living (ADLs)

These are the basic tasks necessary for daily living. Evaluate whether your loved one needs help with any of the following:

- **Eating:** Can your loved one prepare meals or feed themselves?
- **Bathing and Grooming:** Do they need assistance with personal hygiene?
- **Dressing:** Do they require help choosing clothing or getting dressed?
- **Toileting:** Do they need assistance with using the restroom?
- **Mobility/Transferring:** Can they move from bed to chair or walk independently?

2. Instrumental Activities of Daily Living (IADLs)

IADLs are more complex activities that support independent living. Consider the following:

- **Managing Finances:** Are they able to pay bills, balance a checkbook, and manage financial matters?
- **Medication Management:** Do they remember to take medications on time and as prescribed?
- **Transportation:** Can they drive or arrange for transportation?
- **Meal Preparation:** Can they shop for groceries and cook meals independently?

3. Mobility and Safety Concerns

Safety and mobility are key factors in determining the need for home care. Consider the following:

- **Falls:** Are there concerns about your loved one falling or injuring themselves?
- **Getting Around:** Do they have difficulty moving around their home or outside?
- **Home Safety:** Are there hazards in the home that could pose a danger (e.g., clutter, poor lighting)?

4. Health Monitoring and Medication Needs

Monitoring health and medication is critical for many individuals. Evaluate the following:

- **Chronic Conditions:** Do they have ongoing medical conditions that need regular monitoring?
- **Medications:** Do they need assistance managing multiple prescriptions or taking medications on time?
- **Frequent Doctor Visits:** Are they unable to attend medical appointments or need assistance with transportation?

5. Emotional and Social Well-Being

Emotional and social health plays a big role in overall well-being. Consider these points:

- **Isolation:** Do they spend most of their time alone?
 - **Mood:** Have you noticed signs of depression, anxiety, or withdrawal?
 - **Cognitive Functioning:** Are they experiencing memory loss, confusion, or difficulty with decision-making?
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Interactive Scoring System

Once you have completed each section, tally your answers to determine the level of care your loved one may need. The results will suggest one of the following levels of care:

- **Part-Time Care:** Your loved one may benefit from occasional support, such as assistance with activities like meal prep, transportation, or personal care.
 - **Full-Time Care:** If your loved one requires help throughout the day, including medical care, mobility assistance, and constant supervision, full-time care may be appropriate.
 - **Companionship Care:** For those who need emotional support or help managing light household tasks, companionship care may be a good fit.
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Value to Families

This checklist provides a clear and structured way for families to evaluate their loved one's care needs. It empowers you to make an informed decision about the type of care required, and helps guide you toward the right home care solution. By completing the checklist, you'll have a better understanding of whether part-time, full-time, or companionship care is most suitable for your family member.

Why Choose SuBon Home Care?

SuBon Home Care offers personalized care plans tailored to meet your loved one's specific needs. Our experienced caregivers are trained to provide compassionate, high-quality care, ensuring that your family member receives the support they deserve.

Download the Care Needs Assessment Checklist Now

Use this tool to begin your journey toward finding the right care for your loved one.

*For personalized assistance, contact SuBon Home Care today at **571-470-7541** or visit SuBonHomeCare.com.*