SCORING FOR HOME EVALUATION CHECKLIST
(Scoring range is 22 to 66 with a higher score indicating a greater risk)

**SCORE (22 – 30): People with this score function independently.** There may be no need for services now, but start exploring options. Make sure that legal and financial plans are in place, while individuals are still able to participate in decision making. Consider which level of care family members would be able or willing to provide as needs change.

- Talk as a family with your older relatives about medical, financial and legal arrangements and personal preferences. Encourage them to fill out a health directive (Living Will) and to write a will or review an existing will.
- Assist older adults in doing as much as possible for themselves and recognize your own limitations. This can help them remain more vigorous and alert and help you avoid caregiver burnout. Consider attending a caregivers support group.
- Find out about community resources. Keep a file of articles and advertisements for services and tour senior housing/assisted living facilities in the area.
- Complete a home safety evaluation to minimize the risk of falls and identify possible safety hazards.

**SCORE (31 – 50): People with this score may be unable to complete some important daily activities without assistance.** Consider the safety risks, it may be more difficult for people with memory loss to continue to live alone at home.

- Community based services include a broad spectrum of assistance. Evaluate whether some of these in-home services are practical and affordable. Some seniors qualify for financial assistance through County social service agencies. As needs increase, the costs of in-home services may exceed similar services in provided residential care facilities.
- Adult Day Centers provide structured activities, socialization and meals. Some offer health services and transportation. Most can be attended daily or part-time. Some Adult Day Centers offer weekend programs.
- Companion programs provide in-home visitors who can help with shopping, meals and housekeeping. They do not provide medical care or personal care such as bathing or dressing.
- Home Health agencies provide in-home medical care. Services may include: nurses, home health aides, occupational, speech or physical therapists. The home health aides can assist with medication management, dressing, bathing and grooming. Services are usually offered in (4) hour blocks and can be provided around the clock or as live-in aides.
- Assisted living facilities provide private or semi-private rooms with some supervision, meals, on-site staff and 24-hour security. The larger facilities also provide 24-hour medical care. Some assisted living facilities have special dementia units to care for individuals with Alzheimer’s Disease or other memory-loss impairments. Assisted living facilities may also provide more advanced medical care. This allows individuals to remain there rather than needing to transfer to a nursing home, when medical needs advance. Most assisted living facilities also offer respite care, which may be as short as a weekend or for several weeks. Respite care is an important option to prevent caregiver burnout.

**SCORE (51 – 66): People with this score are unable to care for themselves at home.** Some individuals can have serious medical/psychiatric problems which may allow them to return home following medical treatment or rehabilitation.

- Nursing homes provide complete personal and medical care, including short-term rehabilitative services or long-term care.
- In-home 24-hour health care services are available through most home health agencies. These in-home services may cost more than assisted living or nursing homes. However, it provides an option for those who wish to remain at home.
- Hospice care is available for both in-home and residential facilities.

This assessment form was developed by Carla MacGregor, a Minneapolis social worker who operates Transitions Inc., a private geriatric case-management firm. She produced it for Care Providers of Minneapolis, a nursing home trade association.