

How Do You Know When Someone Needs Help?



Circle the number that best describes you or your loved one's situation

Never Not Often Sometimes Frequently

Safety

Have you (or has your loved one)...

♥ Felt unsafe at home	1	2	3	4
♥ Accidentally gotten locked out of the house	1	2	3	4
♥ Let strangers in the house	1	2	3	4
♥ Forgotten to turn off the oven or burners	1	2	3	4
♥ Gotten lost while driving or walking	1	2	3	4
♥ Had a car accident (even a small one)	1	2	3	4

Memory

Have you (or has your loved one)...

♥ Forgotten to take required medication	1	2	3	4
♥ Missed paying bills on time	1	2	3	4
♥ Called loved ones for assistance	1	2	3	4
♥ Had trouble recalling time, names or facts	1	2	3	4
♥ Missed important dates or appointments	1	2	3	4

Physical Functions

Do you (or does your loved one)...

♥ Wish for help preparing meals or cleaning up	1	2	3	4
♥ Need a ride to the grocery store or other appointments	1	2	3	4
♥ Need help getting dressed	1	2	3	4
♥ Want assistance keeping the house clean	1	2	3	4
♥ Need someone to sit with during hospital stay	1	2	3	4

Risk for a fall

Do you (or does your loved one)...

♥ Take more than four medications	1	2	3	4
♥ Use a walker or cane	1	2	3	4
♥ Feel nervous about falling	1	2	3	4

Have you (or has your loved one)...

♥ Been hospitalized in the past 12 months	1	2	3	4
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Column Totals

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Scoring

0-40 points overall	light assistance needed
41-60 points overall	moderate assistance needed
61-80 points overall	high level assistance needed

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Call one of our offices and we will talk with you more about what your score means

Overall Score
(add column totals)

<u>Central</u> 7026 Old Katy Road, Suite 305 Houston, TX 77024 713-682-7272	<u>North</u> 110 Cypress Station Dr., Suite 108 Houston, TX 77090 281-893-7272	<u>Bay Area</u> 17302 Highway 3 Webster, TX 77598 281-316-4244	<u>West</u> 16000 Barkers Point Ln., Suite 220 Houston, TX 77079 281-579-8181
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