

Needs Assessment Worksheet for Adult Carers

This worksheet will help you and other family members determine what types of assistance your loved one needs.

ACTIVITIES OF DAILY LIVING (ADLS)			
	NEEDS:		
	No Help	Some help	Much help
Bathing			
Dressing			
Grooming			
Toileting			
Eating a nutritious diet			
Getting out of bed			
Getting out of chair			
Walking			

INSTRUMENTAL ACTIVITIES OF DAILY LIVING (IADLS)			
	NEEDS:		
	No Help	Some help	Much help
Using the telephone			
Shopping for personal items			
Transportation			
Managing money			
Doing laundry			
Light housekeeping			
Preparing meals			

CONDITIONS/FUNCTIONAL STATUS				How do the following affect the person's ability to function?			
	EFFECT:				EFFECT:		
	None	Some	Major		None	Some	Major
Hearing				Strength			
Vision				Energy			
Perception				Bladder/bowel control			
Orientation				Arthritis			
Thinking				Hypertension			
Memory				Heart disease			
Decision making				Diabetes			
Judgement				Physical deformity			
Physical dexterity				Depression			
Balance							

ENVIRONMENTAL SAFETY Which barriers can be removed or changed?

	Limitation	No Problem	Needs Changed
Neighbourhood	Safety		
	Convenience		
	Friends or relatives nearby		
Living Quarters	Age of dwelling		
	Roof in good repair		
	Windows in good repair		
	Exterior in good condition		
	Looks cared for		
	Security and safety		
	Deadlocks on outside doors		
	Peephole in front door		
	Window bars or locks		
	Visible from road (no large trees or bushes block view)		
	Smoke alarms installed, tested		
	Passageways clear of wires and clutter		
Stairs	Handrails on both sides		
	In good repair and nonskid		
	Clearly marked		
Floors	Nonskid level surfaces		
	Nonglare surfaces		
	No loose rugs		
Furnishings	Couch and chairs easy to use		
	Tables the right height		
	Bed easy to get in and out of		
Lighting	Light switches easy to reach		
	Important areas are well lit		
	Light diffused from windows and surfaces (no glare)		
	Passageways have night lights		
Kitchen	Lever handles on sink		
	Clean rubber mat by the sink		
	Items used often are accessible		
	Storage is easy to get to		
	No objects are over the stove		
Bathroom	Grab bars attached to studs, by the toilet and bath or shower		
	Nonskid strips in the bath or shower		
	Hand-held shower head		
	Nonslip bath mat or rug		