



# Is it time for in-home care?

To find out if it's the right time to consider in-home care for yourself or someone you care about, answer the following nine simple questions. Place a check mark next to those that apply to you or the person for whom you're filling out the form. Total the points. Your level of need for in-home care is explained below the chart.

Questions	Points
1. Are you alone for several hours during the day and/or night?	2 <input type="checkbox"/>
2. In the past year, have you fallen, been anxious about falling, or otherwise been at risk for falling in your home?	3 <input type="checkbox"/>
3. Have you been hospitalized or been to the emergency room in the past year?	2 <input type="checkbox"/>
4. Do you have at least one of these chronic ailments: Heart disease, stroke, COPD, osteoporosis, diabetes, or arthritis?	2 <input type="checkbox"/>
5. Do you use a cane, walker, wheelchair, stair climber, or other device to help with balance or walking?	3 <input type="checkbox"/>
6. Are you required to take several daily medications?	3 <input type="checkbox"/>
7. Do you require assistance with at least one of the following activities: Bathing, toileting, dressing, meal prep, etc.?	3 <input type="checkbox"/>
8. Would having a trained care provider to help you with your daily activities give you or your loved ones peace of mind?	1 <input type="checkbox"/>
9. Is it important to you to continue to live independently in your own home?	1 <input type="checkbox"/>

Your total points indicate the level of need for in-home care  <b>Total Points</b> <input type="text"/>	<b>15-20 Points</b> <b>Urgent Need</b> In-home care is likely to be recommended with some urgency by hospitals, doctors, and nurses	<b>8-14 Points</b> <b>Elevated Need</b> In-home care is likely to be recommended by hospitals, doctors, and nurses	<b>4-7 Points</b> <b>Moderate Need</b> In-home care may be recommended by hospitals, doctors, and nurses	<b>0-3 Points</b> <b>Limited Need</b> In-home care is not likely to be recommended at this time for safety reasons; you may still want some companion care services
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