

## Is Your Loved One Able to Live Alone?

What follows is a questionnaire to help caregivers determine if their loved one is able to manage living alone. More than one Yes in each category would strongly indicate the need to begin considering the potential for placement. Alzheimer's and Dementia Services recognizes however, that each family's resources, needs, and capacities differ. Not every late stage patient must be placed in a nursing home. In-home care options are increasing and may delay or prevent need for placement.

### Safety Concerns

- Has your loved-one had accidents because of weakness, dizziness, or the inability to get around?
- Has use of the stove, oven, or appliances become a problem because of forgetfulness?
- Are there stairs or conditions in the home that are a hazard?
- Does your loved-one refuse to use adequate safety devices such as railings or a walker?
- Has your loved-one lost interest in living or expressed a desire to die?

Y	N

### Nutritional Needs

- Is your loved-one unable or unwilling to prepare meals?
- Is there a demonstrated nutritional problem such as weight loss, illness, or anemia?
- Does your loved-one eat only inappropriate foods that will not supply nutritional needs?
- Does your loved-one forget to eat?

Y	N

### Personal Hygiene

- Is your loved-one unable or unwilling to get to the toilet when necessary?
- Is your loved-one unable to change clothing or bed linens as necessary to remain clean and dry?

Y	N

### Health and Safety Concerns

- Would your home require modifications to provide an adequate environment for your loved-one, such as heating, plumbing or an accessible bathroom?
- Would you need to modify your home to make it a safe environment?
- Does your loved-one require nursing services that are too difficult or demanding for you physically, such as turning or lifting?
- Does your loved-one regularly disturb the sleep of others by calling out, needing care, or wandering at night?
- Is your relative likely to wander away from the house if left alone?
- Does your relative create safety hazards for others in the family because of forgetfulness or carelessness?

Y	N

### Time and Energy

- Does your loved-one need someone to care for him/her at all times?
- Must clothing or bed linens be changed and laundered so frequently that care becomes an excessive demand?
- Do you have responsibilities for care of other family members, that result in split loyalties or emotional overload?

Y	N

### Family Considerations

- Does your loved-one interfere with the running of the household?
- Has the loss of privacy become a problem for the adult members of the household?
- Is there excessive conflict with younger adults and teenagers because of this loved-one?

Y	N