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# Holiday Assessment Guide

# Assessing your loved one's care needs



The holiday season is a time for family and friends to gather and celebrate the season. Many families find that spending time with loved ones reveals that the seniors in their life need a little more help getting to gatherings, maintaining their home or participating in joyful activities.

Quality in-home care can provide a variety of benefits that improve quality of life and make the activities of daily living easier for a senior. There are also a variety of signs that it may be time to consider in-home care. Below is a checklist to help families assess the needs of their loved one:

If you sense a problem, it may be necessary to start a conversation about in-home care needs. By being proactive, you and your family can find a care solution that improves the quality of life for your loved one and can increase their health, engagement and joy.

GIVE COMFORT  
FOR THE HOLIDAYS

## Holiday Gift Certificates

Make the season more enjoyable for someone you care about with a Comfort Keepers<sup>®</sup> gift certificate!

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for more information.





## Is in-home care right for your loved one?

There are a number of options available for finding help at home. To help you evaluate what type and how much help you need, consider the following areas of care:

- **Personal Care:** bathing, eating, dressing, toileting
- **Household Care:** cooking, cleaning, laundry, shopping
- **Health Care:** medication management, physician's appointments, physical therapy
- **Emotional Care:** companionship, meaningful activities, conversation

In-home care can improve the quality of life for a senior, and an individual care plan completed by a qualified care provider can incorporate the activities and hobbies that they love.

The following Needs Assessment Checklist from Family Care America will provide an easy way to evaluate the care status of your loved one.



### ACTIVITIES OF DAILY LIVING (ADLS)

Activity	Needs No Help	Needs Some Help	Needs Significant Help
Bathing			
Dressing			
Grooming			
Toileting			
Eating A Nutritious Diet			
Getting Out Of Bed			
Getting Out Of Chair			
Walking			

# Using technology to enhance home care



Most seniors prefer to remain in their home as they age. This season, consider how technology can help to provide for their wellbeing while living at home. Smart phones can be used to set up regular video chats or stream music. Voice-controlled systems can provide information and make phone calls for those that have a hard time seeing a screen. And, there are safety technologies that can help too. Products like SafetyChoice® in-home care technology solutions by Comfort Keepers® complements in-home care services by a professional agency or family caregiver with around the clock monitoring so you know that help is available. Options include items such as a Personal Emergency Response Systems (PERS), portable PERS for safety on call while away from home, medication management solutions, video monitoring and in-home monitoring sensors.

## INSTRUMENTAL ACTIVITIES OF DAILY LIVING (IADLS)

Activity	Needs No Help	Needs Some Help	Needs Significant Help
Using The Telephone			
Shopping For Personal Items			
Transportation			
Managing Money			
Doing Laundry			
Doing Light Housework			
Preparing Meals			

## CONDITIONS/FUNCTIONAL STATUS

How do the following affect the person's ability to function?

Limitation	No Effect	Some Effect	Significant Effect
Hearing			
Vision			
Perception			
Orientation			
Thinking			
Memory/ Forgetfulness			
Decision-Making Judgement			
Physical Dexterity			
Balance			
Strength			
Energy			
Bowel Control, Impairment			
Physical Impairment			
Depression			
Arthritis			
Hypertension			
Heart Disease			
Diabetes			
Other			



# Caring for you, caring for others



While caring for a loved one can be a rewarding experience, family caregivers can often feel stress, frustration and anger too. The extra activity around the holidays can contribute to feelings of being overwhelmed.

There are ways to help make the holidays more enjoyable for you and your senior loved one. And, the holidays can provide unique opportunities to seek better communication, connection, and support from family and friends.

For those that find they need extra help from friends or family, there are ways to ask. Informing loved ones about the situation at home can be a good first step.

## | UPLIFTING IN-HOME CARE |





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