


When to move from Home - Checklist

Many people have questions about how to know when someone should move from their own home into a supportive environment. For some, the answer is as individual as each personality but for most, there inevitably comes a time when living alone or living with a spouse of equal advancing age is neither safe nor practical.

The following checklist is designed to help you perform a self-assessment of your particular circumstances or those of a loved one. This checklist is only a guide. Use good judgment and be sure to consult your family physician to discuss concerns and monitor changes.

Activities of Daily Living (Normal activities are typically accomplished with complete autonomy)	Always accomplishes this activity independently with no help, supervision, or checks	Needs oversight and occasional assistance to ensure activity is accomplished with appropriate frequency, completed successfully, and safely	Needs a moderate amount of cueing or physical assistance to ensure frequency, proficiency and safety of activity	Is dependent upon others to accomplish activity
Bathing				
Dressing				
Grooming				
Oral Care				
Toileting				
Ambulation				
Eating				
Shopping				
Meal Preparation				
Medications				
Communications				
Housekeeping				
Medical Appointments				
Finances				
Laundry				
Transportation				
Nutrition & Hydration				
Memory/Judgment				
Motivation				
Socialization				
	Subject may live independently with reasonable tools in place to ensure safety and security. Monitor periodically for changes.	A number of checks in this category indicate an elevated risk level. A 24/7 plan of assistance should be put in place to ensure safety.	Checks in this category indicate extreme risk and very unsafe conditions for a person living independently.	Checks in this category indicate a need for Dedicated 24/7 trained caregivers.