

Your Personal Lifestyle Assessment

How can you know if it's the right time to move from a private home to a senior living community? This assessment will begin to answer the question, "How do I know if I am ready?"

You can begin by answering a few questions about your current situation. Following, you'll find a self assessment exercise. Answer the questions "yes" or "no." After you have completed all the questions, go back and add up the total points shown under the answers you have given. The total points you score should help you arrive at an objective decision and help you discover your values and personal needs or wants.

Go through the entire selection of questions first before you add points. Remember, there are no right or wrong answers, these are personal decision questions with personal responses.

Self Assessment Exercise:

1. Are you able to do all the external maintenance required with your current home, such as snow shoveling, lawn mowing, painting, washing windows, and trimming trees and bushes?
Yes _____(score 1) No _____(score 5)
2. To maintain your home the way you would like it, do you hire help or ask family or friends to complete chores?
Yes _____(score 5) No _____(score 1)
3. Are you able to keep up with daily chores such as cleaning, changing linens, laundry, ironing, and other household duties?
Yes _____(score 1) No _____(score 5)
4. Do you feel comfortable driving?
Yes _____(score 1) No _____(score 5)
5. Do you worry about crime or someone breaking into your home?
Yes _____(score 5) No _____(score 1)
6. Are you eating well and getting the nutrition you need to maintain your health?
Yes _____(score 1) No _____(score 5)
7. Do you feel you are getting the proper personal care and medical attention you need to maintain your independent living situation at this time?
Yes _____(score 1) No _____(score 5)
8. Do you worry about fire or other serious damage to your home?
Yes _____(score 5) No _____(score 1)
9. Do you feel you could handle an emergency in your home, such as an accident or major health emergency if it were to occur?
Yes _____(score 1) No _____(score 5)

—Continued on the following page

10. Is it difficult for you to get out of your home to run errands or go other places?
Yes _____(score 5) No _____(score 1)
11. Do you have people visit you at least once a week?
Yes _____(score 1) No _____(score 5)
12. Do you have other people do errands for you or take you places you need to go?
Yes _____(score 5) No _____(score 1)
13. If you are married, is your spouse in fairly good health? (If you are not married, skip this question and go on to question 14.)
Yes _____(score 1) No _____(score 5)
14. Are you in fairly good health?
Yes _____(score 1) No _____(score 5)
15. Do you wish you could spend more time with other people?
Yes _____(score 5) No _____(score 1)
16. Do you regularly attend social, cultural, or religious activities?
Yes _____(score 1) No _____(score 5)
17. Do your worry about having the ability to continue caring for your health needs?
Yes _____(score 5) No _____(score 1)
18. Do you worry about having enough money to maintain your current home and lifestyle?
Yes _____(score 5) No _____(score 1)
19. Do you travel frequently and stay away from your home for long periods of time?
Yes _____(score 5) No _____(score 1)
20. Are you 70 years of age or older?
Yes _____(score 5) No _____(score 1)
21. Do you have children, grandchildren, or other close family members living in the same town as you?
Yes _____(score 1) No _____(score 5)
22. Is maintaining your total independence in your current home important to you?
Yes _____(score 1) No _____(score 5)
23. Do you worry about who will take care of you (and your spouse) when you are no longer able to take care of yourselves?
Yes _____(score 5) No _____(score 1)

Total scoring:

Go back to each question and review the points indicated next to each of your answers. Add these points.

My total score is: _____

Answer Key:

The minimum possible score is 23 and the highest is 115. An average is 69. However, if your score is over 65, a move to a senior living community should be a serious consideration for you.

This self assessment does not answer all of the possible questions you may have, and should not be viewed as scientific. It should be used as a guide to assess your personal situation. A higher score could mean that, for you, it is a very good time in your life to look at options.