

homecare need assessment

FOR LIVING FULLY



How do you, a family member, or someone you know recognize if caregiving services are needed in your home? Take the following assessment to determine how much care may be needed.

Independence Abilities	Yes	No
Dress and undress without help		
Drive or use public transportation		
Able to access and exit home alone		
Shop for groceries or clothing independently		
Prepare healthy meals daily		
Take a shower or bath safely		
Get in or out of bed without aid		
Live alone comfortably and confidently		
Pay bills and manage finances		
Clean the house or apartment		
Manage household duties		
Active and interested in life and hobbies		
Get around the house easily including stairs, if needed		
Care about own personal health, hygiene and well-being		
Manage own medications		
Maintain a healthy weight		
Not at risk of falls		
Manage own wound care, colostomy, insulin injection, or other regular medical needs		
Good cognitive and memory skills (no dementia or Alzheimer's)		

If you have answered "NO" to **three or more** of the questions above, think carefully about the risks to you or those you love, and reach out to us for additional, compassionate support.

envida is a nonprofit organization that assists individuals to "stay in place" with caregiver services and promotes independent living with dignity. We hire family members or friends as caregivers who are paid to assist with unskilled care. We also hire non-family to provide homemaker services to help with daily living activities. Health benefits are offered to care providers (with 30 hours or more of care a week), and the package includes health, dental, and retirement.

Contact us for more information on how we can help support the independent life you or someone you care about desires: infohome@envidacares.org or 719.301.6870.