

# Personal Care Assessment

## 1. ElderCare 4 Families

Sometimes as we age, we become less able to handle the day-to-day tasks necessary to take proper care of ourselves. The ability to handle activities of daily living (personal care), home care (environmental safety and cleanliness) and orientation and mood are areas that children should assess when deciding if their parents are still safe, healthy and happy in their homes by themselves. This mini-assessment can be done discreetly and most adult children are able to complete it successfully.

If, based upon either the outcome of a visit or a telephone conversation, you feel there is a problem you should take immediate action.

1. Are they wearing clean clothing?

Yes

No

2. Are the buttons and snaps in place?

Yes

No

3. Are they wearing the same clothes day in and out?

Yes

No

4. Are they sleeping in night clothes or wearing night clothes during the day?

Yes

No

5. Do they appear to be bathing regularly (no body odor)?

Yes

No

6. Is their hair combed neatly in place?

Yes

No

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7. Has Dad shaved as often as what was normal for him?

Yes

No

8. Do their teeth appear clean?  
Are they wearing their dentures?  
Do they have bad breath?

Yes

No

9. Does Mom continue to wear her usual amount of make-up?

Yes

No

10. How do their shoes look?

11. Have they lost or gained an unexplained amount of weight?

Yes

No

12. Is there a reasonable amount of food in the house?

Yes

No

13. Is there unusual bruising or tearing of the skin?  
Is the skin a healthy color?  
Is their skin soft and supple?

Yes

No

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14. Are there medication bottles lying about and/or lying open? Are medications expired?

Are the medications from different doctors and pharmacies? Are there many different prescriptions?

Yes

No