

Helping You Decide Between Assisted Living or Memory Care

Deciding the right housing option can be difficult when you aren't sure which environment will be the most supportive for your loved one. Although this worksheet does not replace a formal health assessment by Doctors or Alberta Health Services, it is a starting point to gain an understanding of what environmental supports your loved one may need. Place a checkmark in appropriate answer.

1	2	3	
yes <input type="checkbox"/>	no <input type="checkbox"/>		Does your loved one need help with housekeeping or home maintenance?
yes <input type="checkbox"/>	no <input type="checkbox"/>		Does your loved one need help with making meals / grocery shopping?
	no <input type="checkbox"/>	yes <input type="checkbox"/>	Does your loved one need reminders for meal time or how to get there?
yes <input type="checkbox"/>		no <input type="checkbox"/>	Is your loved one able to manage in a social situation on their own
	no <input type="checkbox"/>	yes <input type="checkbox"/>	Does your loved one need assistance to get to or during social activities?
	no <input type="checkbox"/>	yes <input type="checkbox"/>	Has your loved one lost their drivers license or is no longer safe to drive
no <input type="checkbox"/>		yes <input type="checkbox"/>	Has your loved one gotten lost in the neighborhood or you know they couldn't find their way if they went outside?
no <input type="checkbox"/>		yes <input type="checkbox"/>	Has there been a significant decline in your loved one's abilities in the last six months?

Column 1 is indicators for Assisted Living.
 Column 3 is indicators for Memory Care.
 If there are more than 2 checkmarks in column 3, then Memory Care may be the safest environment for your loved one



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