Aging at Home Guide



A simple check-in for you and your family

Daily tasks can change gradually. This guide can help you notice where things are going well and where a little support might make life at home easier.

Choose the answer that best reflects how things usually feel.		I manage this well — 2 POINTS	This can be difficult — 1 POINT	I need help with this — 0 POINTS
1	I can move around my home safely, using my usual mobility aid if needed.	○	○	○
2	I can bathe, dress, groom, and use the washroom safely.	○	○	○
3	I can prepare meals and eat regularly throughout the day.	○	○	○
4	I can keep track of my medications and take them as directed.	○	○	○
5	I can manage laundry, light housekeeping, groceries, and other everyday tasks.	○	○	○
6	I can get to appointments, run errands, and take part in activities outside my home.	○	○	○
7	I have regular contact with family, friends, or activities that matter to me.	○	○	○
8	I can keep track of appointments and the things I need to do each day.	○	○	○

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Add up the points for the answer selected in each row.

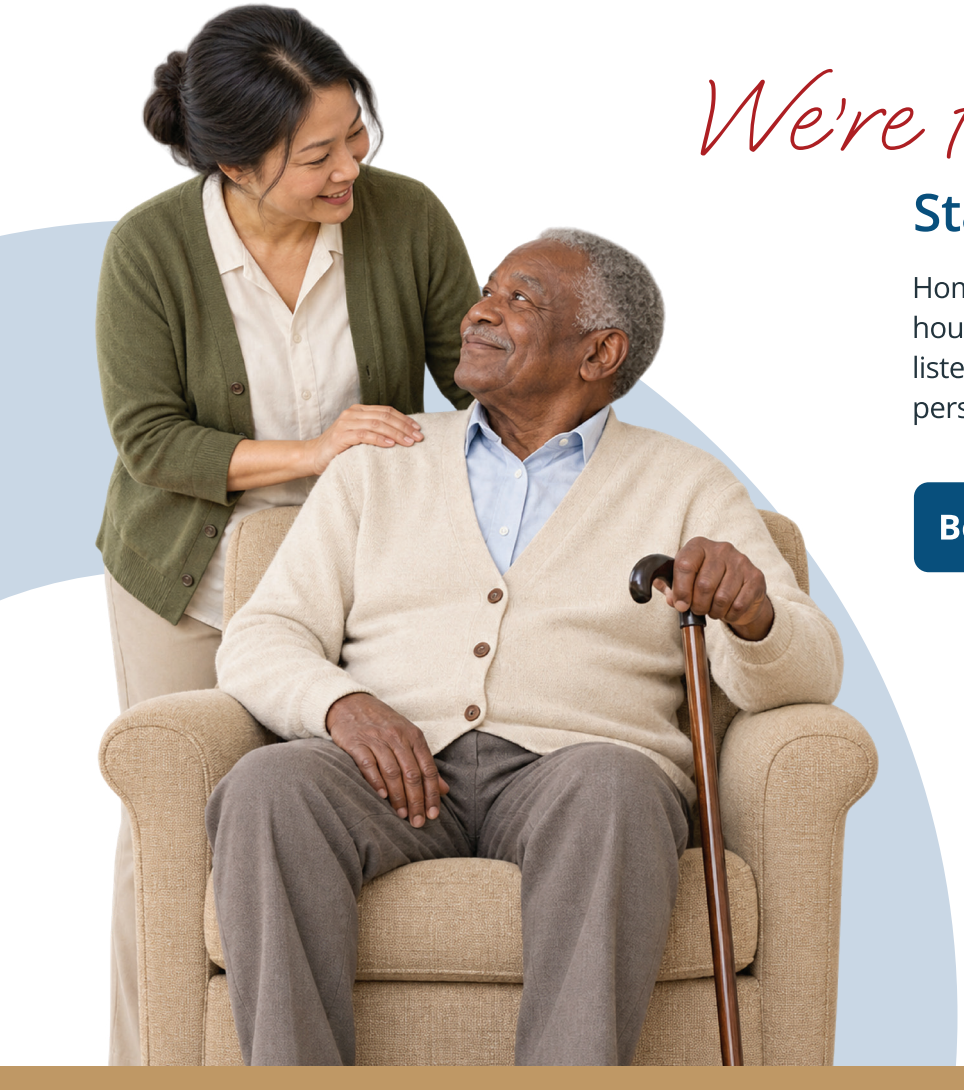
Your Total Score: _____ /16 Points

Turn over to see what your score may mean.

Understanding Your Score

13–16 POINTS	**Daily life at home is going well overall.** Take another look at any area you scored 0 or 1. A small amount of support may help you keep doing the things that matter to you.
7–12 POINTS	**Some parts of daily life may be getting harder.** Consider which tasks take the most effort or cause the most worry. Support in those areas could make your routine safer and more manageable.
0-6 POINTS	**You may be finding several parts of daily life difficult right now.** Talk with someone you trust about what has changed. It may be time to explore additional support at home.

This guide is a conversation starter and is not a medical evaluation. If you have concerns about your health, medications, memory, mobility, or immediate safety, speak with a healthcare professional.



We're Here to Listen

Start with a Conversation

Home support can begin with one task or a few hours of help. A local Qualicare Care Expert will listen to what you need and help you explore a personalized care plan that fits your life.

Book a Free In-Home Assessment

Call 888-591-0017 or email us at info@qualicare.com

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