



### Recognizing When to Act

It is often difficult for families to decide if they need to do something when an elderly relative's ability to think and reason seems to be getting worse. Here is a check list of functional activities that can help a family decide when they need to act. Each item is scored. A score of 9 or more suggests the need to seek professional help.

1. Write checks, pay bills, balance check-book \_\_\_\_
2. Assemble tax records, business affairs, papers \_\_\_\_
3. Shop alone for clothing, household necessities, or groceries \_\_\_\_
4. Play a game of skill or work at a hobby \_\_\_\_
5. Heat water, make a cup of coffee, turn off the stove \_\_\_\_
6. Prepare a balanced meal \_\_\_\_
7. Keep track of current events \_\_\_\_
8. Remember appointments, family or business occasions, holidays \_\_\_\_
9. Pay attention to, understand, discuss books, TV, magazines \_\_\_\_
10. Travel on his/her own \_\_\_\_

### SCORING:

- 0 The person is able to do this activity alone or never did this activity but could do it now.
- 1 Needs some help or never did the activity but could do it with some difficulty.
- 2 Requires assistance to do.
- 3 Is dependent on another to do the activity.

### How a Care Manager Can Help

It is often difficult for families to agree on how capable an aging relative is to manage his or her own affairs. Getting a consultation from an outside professional who has years of experience assessing older people can be a wise move. Call **Jill Hyatt at 414 963-2600** to arrange for an in-person meeting with one of our care managers. Trained as nurses or social workers, they have met hundreds of families and can provide valuable insight and help families avoid costly mistakes.

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