

ASSESSMENT GUIDE



HOW TO EVALUATE YOUR ELDERLY
LOVED ONES DRIVING ABILITIES

ALL AROUND CARE ASSESSMENT GUIDE

HOW TO HELP PROTECT YOUR ELDERLY
LOVED ONES DURING THE WINTER MONTHS

HOW TO HELP PROTECT YOUR ELDERLY
LOVED ONES DURING THE HOT
SUMMER MONTHS

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HOW TO EVALUATE
Your Elderly Loved One's Driving Ability

HOW TO EVALUATE your elderly loved one's driving ability. Deciding when it's time to take the car keys away from your elderly loved one is a difficult and emotional decision. As we age, we develop problems, such as slow reflexes, vision impairments, poor hearing, and cognitive decline that may impair our ability to drive safely. Unfortunately, a senior's driving skills may be putting themselves, as well as others, at risk. So, how do you assess your aging loved one's driving skills?

Take A Ride With Them

One of the best ways you can assess your loved one's driving ability is to ask them to drive you to a common destination, such as a grocery store. During this time, observe their ability to recognize and observe street signs and traffic signals, decide on route to and from the destination, and safely change lanes. Some seniors may be aware of their personal limitations and self-restrict themselves by driving slower or avoiding freeways. This does not necessarily mean they are a bad driver, they are only taking precautions. Remember, it's important for your loved one to maintain as much independence as possible.

Visit The Doctor

If possible, suggest that your loved one make a doctor's appointment for a health and wellness checkup. He will be able to evaluate your family member's ability to drive safely. It's also important to ensure your loved one has annual eye exams to evaluate their eyesight and test for macular degeneration.

Restrictions For Elderly Drivers

Regular assessments can help seniors drive safely based on their comfort levels and individual limitations. There are a few restrictions that can be followed to help elderly drivers. If possible, avoid weekend

driving. Roads and parking areas are busier during the weekend, which might make it more difficult for seniors to navigate. They should also avoid night driving. Since many seniors have vision impairments, they have trouble driving at night. It would be best to restrict driving from dusk until dawn. Lastly, the elderly should avoid freeway driving. Fast moving cars and large 18-wheelers may cause them to become confused and anxious. Staying on the side roads or finding alternate routes will help them be a safer driver.

Choosing to evaluate your loved one's driving ability is a sensitive, but necessary, decision. Determining their driving ability can help them maintain their independence while keeping them safe.

Helpful Tip

Preventing falls in seniors is important to ensure their safety. Here are a few suggestions to reduce risk of falls:

- Remove throw rugs from the home
- Remove cords and clutter from walking areas
- Be sure staircases and hallways are well-lit
- Keep frequently used items at waist level to avoid bending and reaching
- Use handrails on stairs
- Wear rubber-soled shoes to prevent slippage





WE UNDERSTAND that most families do not plan to need in-home care, and that the process can be overwhelming and frustrating. That's why we developed this Assessment Guide to help you find the level of care your loved one needs and deserves. This guide is not meant to be an official diagnosis, but only used as an assessment. A home assessment is an important tool for in-home care in verifying the needs of the client in their home environment. We understand how important it is for people to stay in the comfort and safety of their own homes. This helps to ensure independence.

How to provide proper care for a loved one is a difficult decision. In many situations, in-home care services offer a better solution, allowing seniors to remain in the comfort and privacy of their own home. All Around Care offers numerous services to fit your loved one's needs, including Home Management (Housekeeping, Home Organizing, Grocery Shopping), Personal Assistant (Bathing, Transferring, Feeding Meals, Toileting Needs), and Care Management (Transportation, Companionship, Doctor Appointments, Nutrition and Diet, Fitness).

ASSESSING YOUR IN-HOME CARE NEEDS CHECKLIST With the help of a sibling or other family member, you can assess your loved one's daily activities and routines to find where they could use some assistance. The following In-Home Care Needs Assessment Checklist from All Around Care will provide an easy way to evaluate the care status of your loved one, and to better assess their level of independence.

	Independently	With Assistance	Complete Care
Ambulation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bathing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Companionship	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dressing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercising	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feeding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grooming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Light Housekeeping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Managing Money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medication Assistance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Routine Hair/Skin Care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Toileting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Transportation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



UNDERSTANDING THE NEEDS OF YOUR LOVE ONE.

When you think about in-home care, you may not consider how a specialized care team can assist your loved one, or how they can help your loved one live life to the fullest, safely and happily, at home.

All Around Care has designed the following additional questions to further assess the need for in-home care your loved one may require. If you answer "NO" to any of these questions, your family member may need a specific level of care services. In addition, the number of times you answer "NO" may indicate the how much assistance they need.

Once you've completed the checklists, you will need to discuss the right care options that will help them live at home safely, happily, healthily, and as independently as possible.



Helpful Tip

As you research care options for your loved one, it is important to consult with these professionals:

- Lawyer
- Physician
- Financial Planner
- Insurance Provider

	Yes	No
Can they hear a phone ring?	<input type="checkbox"/>	<input type="checkbox"/>
If the phone rings, are they able to answer it in a timely manner?	<input type="checkbox"/>	<input type="checkbox"/>
Do they clean the inside of the home (living room, bedroom, bathroom, kitchen)?	<input type="checkbox"/>	<input type="checkbox"/>
Do they do their own laundry (carrying it to the laundry room, moving it from wash to dryer, folding it, and putting it away)?	<input type="checkbox"/>	<input type="checkbox"/>
Are they able to keep track of their finances (paying rent and other bills)?	<input type="checkbox"/>	<input type="checkbox"/>
Are they able to drive to run errands (bank, shopping)?	<input type="checkbox"/>	<input type="checkbox"/>
Are they able to shop for groceries?	<input type="checkbox"/>	<input type="checkbox"/>
Do they do lawn care (mowing, weeding, gardening, shoveling)?	<input type="checkbox"/>	<input type="checkbox"/>
Do they socialize with their friends, family, and neighbors regularly?	<input type="checkbox"/>	<input type="checkbox"/>
Are they attending social activities and family functions?	<input type="checkbox"/>	<input type="checkbox"/>
Can they get easily out of bed when they wake up?	<input type="checkbox"/>	<input type="checkbox"/>
Do they bathe regularly?	<input type="checkbox"/>	<input type="checkbox"/>
Are they able to get into the bath or shower safely?	<input type="checkbox"/>	<input type="checkbox"/>
Do they maintain good hygiene?	<input type="checkbox"/>	<input type="checkbox"/>
Do they put on clean clothes?	<input type="checkbox"/>	<input type="checkbox"/>
Can they walk from room to room without risk of falling?	<input type="checkbox"/>	<input type="checkbox"/>
Are they at risk of wandering out of the house alone?	<input type="checkbox"/>	<input type="checkbox"/>
Have you observed them experience any level of confusion (mild, moderate, high)?	<input type="checkbox"/>	<input type="checkbox"/>



Your loved one needs care, now what?

AFTER YOU COMPLETE IN IN-HOME CARE NEEDS ASSESSMENT CHECKLIST and identify how in-home care can benefit your loved one, it's time to talk to them about their care options. These types of conversations are sensitive and aren't always easy. Your loved one may push away and resist your help.



Many adult children find it extremely difficult to talk to their parents about if and when to consider in-home care. No matter the age of your parent, now is the time to begin discussing the future with open communication. There is no manual, script or rule book, but there are a few tips to help guide you through this emotional topic. When it's time to talk with your parents about in-home care, these tips can create a healthy discussion instead of one filled with anger, accusations, and frustration.



To help you and your loved one enjoy a successful and meaningful conversation, we prepared a list of Dos and Don'ts:

THE DOS

Be Patient

Listen Completely/Give Full Attention

Prepare Questions In Advance

Let Them Talk

Have The Conversation Face-To-Face

Sit Relaxed, Facing Your Family Members

Ask If They Have Any Questions Or Concerns

Take Notes Of Any Details



THE DON'TS

Rush Into The Conversation

Try To Talk Over The Phone Or In Email

Interrupt Them

Fidget Or Be Rigid

Be Anxious, Angry, Or Frustrated

Look At Your Phone Or Other Devices

Offer Answers Or Be Forceful





Judge Your Loved One



THERE ARE SEVERAL OPTIONS available for finding in-home care. It's best to start by assessing the needs of your loved one. At All Around Care, our Care Coordinator and Care Managers lead experienced and compassionate caregivers who provide a wide range of services in the comfort and safety of the home of your loved one.

While evaluating the care options, it is important to assess your loved one's personal preferences. For example, they may be more comfortable with a caregiver who shares their interests, language, or cultural background.

To help you evaluate what type of service is needed, consider the following levels of care we offer:

-  **Companionship**
-  **Stand-By Assist**
-  **Total Care**
-  **Specialized Care**



Companion Care

- Adult and elderly home companion visits
- Assist with writing letters and correspondence
- Help connect loved ones through email/social media
- Engage in stimulating activities
- Grocery shopping
- Laundry
- Housekeeping
- Meal prep/Feeding
- Transportation
- Walking
- Wellness check

Stand-By Assist Care

- Companion Care plus:
- Fall prevention
- Includes Companion Care and Assistance with ADLs
- Bathing
- Dressing
- Exercising
- Grooming
- Routine skin/hair care
- Toileting
- Medication Reminders



Total Care

- Stand-By Assist Care plus:
- Bed bath
- Transferring, positioning, ambulation needs
- Companionship
- Housecleaning
- Cooking
- Transportation

Specialized Care

- Dementia
- Alzheimer's Disease
- Parkinson's Disease
- Cancer
- Hospice
- Other specialized needs



INTRODUCTION
To All Around Care

INTRODUCTION TO ALL AROUND CARE

Our entire dedicated support team offers personalized services to meet the needs of your loved one. Our non-medical in-home care allows them to lead an independent life while staying in the comfort of their own home. We provide the right care to your loved one, based on several categories of in-home care available. We can provide assistance during night times, weekends, and even on holidays. Our 24/7 care ensures your family member is constantly looked after by caregivers who are able to render assistance any time of day or night.

Skilled In-Home Care

Our Professional Care Team provides expert, personal, and compassionate care so you can trust that your loved one is being cared for according to their specific needs. All Around Care combines top-quality screening and training practices, so you can be confident that our caregivers are experienced, compassionate, and dedicated.

Dedicated Caregivers

At All Around Care, our team is our greatest asset. Every All Around Care employee feels caring is more than a job, it's in their hearts and it's a way of life. They are passionate, compassionate, and empathetic about helping others. They truly make a difference by delivering our goal of providing a higher standard of In-Home Care.

Our Screening Practices

We know that finding a dedicated and highly-qualified caregiver when you need one can be difficult process for any family. At All Around Care, we understand the challenges and overwhelming feeling you may encounter. That's why we are committed to rigorous recruitment procedures and screening standards for each employee. This ensures you are getting the utmost in quality, dedication, skill, compassion, and professionalism, including:

- *In-depth interview to determine skills and experience*
- *Criminal background check*
- *Reference checks*
- *Nurse Registry*
- *Employment Registry*

What Makes Us Different

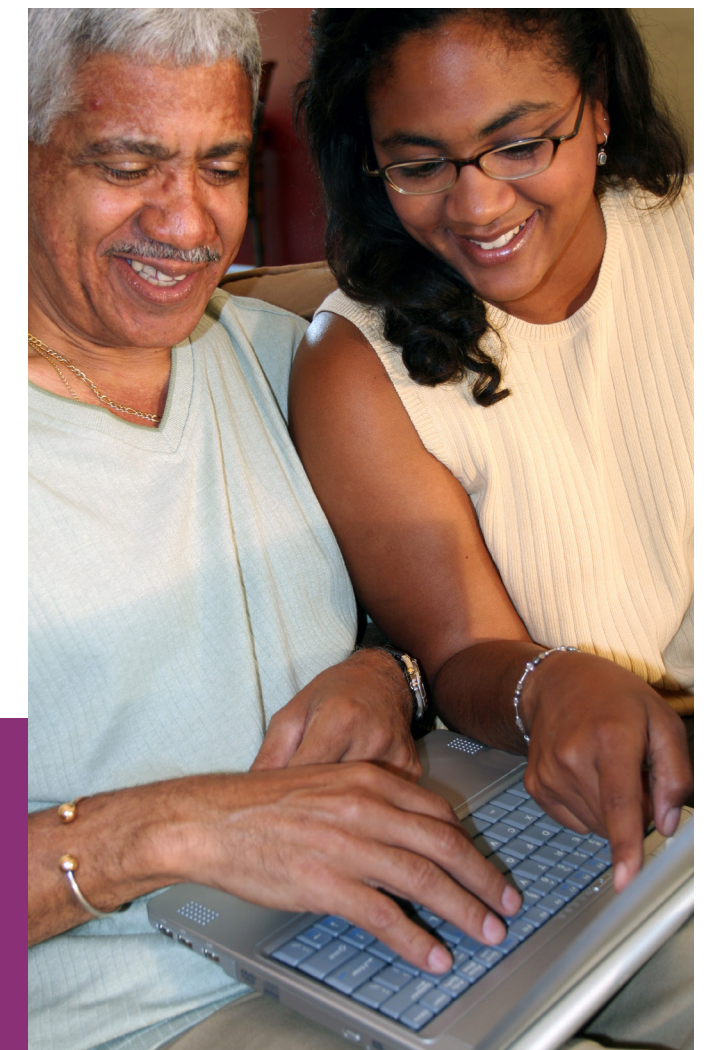
When you hire All Around Care, you not only hire a dedicated and skilled caregiver; you hire an entire team that provides caring support to you and your family. Your loved one will not just become our client. They will become a part of our family. We provide excellent care in a family atmosphere that resonates with every person involved.

Helpful Tip

Ask another sibling or family member to fill out this assessment guide independently and then compare the two assessments.

Getting To Know All Around Care

1. **Call us at 888-253-5698**
(Available 24 hours/day, 7 days/week).
2. Talk to one of our Staff Members.
We're ready to help you.
3. Schedule a home visit - A Care Team Member will visit the home of your loved one to evaluate and discuss their care needs. She will conduct a comprehensive health assessment and begin developing a personalized care plan based on their personal needs.





HOW TO HELP

*Protect Your Elderly Loved Ones
During The Cold Winter Months*

HOW TO HELP protect your elderly loved ones during the cold winter months. Winter can be a difficult and challenging time for your elderly loved ones, especially if they have mobility issues. Additionally, there are physical risks, such as falling or dehydration, as well as emotional risks, including isolation and depression. However, if proper precautions are followed, the risks can be minimized, and the cold winter months can be quite enjoyable. Follow these tips to help protect your loved one against dangerous winter-related problems.



Stock Emergency Resources In The Car And Home

If your loved one is still able to drive, ensure they have adequate cold weather supplies, such as blankets, emergency flares, heating packs, water, kitty litter, and an ice scraper in their car. In the home, be sure emergency kits, including water, radio, blankets, flashlights, and batteries are easily accessible.

Wear Proper Clothing

Fresh air is good for seniors, but be cautious. Wear layered loose-fitting clothing, a hat, and mittens. Approximately half of all body heat is lost through the head, and mittens will keep your hands warmer than gloves since your fingers produce heat when they are touching.

Eliminate Potential Fire Risks

During the winter, many things are considered fire hazards, including space heaters, candles, electric blankets, and even dry Christmas trees. Be sure all smoke alarms, carbon monoxide alarms, and flashlights have batteries and are in good working order. Ensure at least one fire extinguisher is readily available, especially near fireplaces or stoves.

Check The Temperature

Older adults are often at risk of being too cold during the winter due to their slower metabolism, and they can also easily become dehydrated. Make sure their home is properly insulated to prevent drafts and freezing pipes.



Help Prevent Falls

Elderly loved ones are at high risk for falls during the winter months. Be sure to keep walkways and driveways clear of ice and snow. Also, make sure they wear slippers and shoes that grip. If they use a cane, replace the rubber tip to reduce the risk of falls.

Taking the necessary safety precautions for your loved one will prepare them for the cold winter months. This will greatly reduce their risk of cold weather-related health issues, and will help keep your mind at ease.



HOW TO HELP

*Protect Your Elderly Loved Ones
During The Hot Summer Months*

HOW TO HELP protect your elderly loved ones during the Hot Summer Months. Every summer, thousands of people suffer from heat-related health issues such as dehydration, heat exhaustion, and heat stroke. Unfortunately, the elderly are more susceptible to heat-related illnesses because their bodies do not properly and effectively regulate their body temperatures. However, with proper guidelines, your elderly loved ones can beat the heat and have an enjoyable summer. Here are a few tips to protect your loved one against heat-related problems.

Stay Indoors During Extreme Heat

In high humidity and hot weather, it's more difficult for the body to maintain a normal temperature. Staying indoors helps prevent your loved one from overheating. Avoiding strenuous exercise and postponing games and activities will help keep your loved one safe from the heat. If working outdoors, take frequent breaks to avoid overheating.

Drink Plenty Of Fluids

During the hot summer months, it's important to stay hydrated. Water and sports drinks are the best options to maintain hydration. Sports drinks, such as Powerade and Gatorade replace the electrolytes that your body loses during perspiration. Avoid sugary drinks, coffee, and alcohol as these can dehydrate you.

Since darker colors absorb heat, wear light colors that will reflect the sun. In addition, loose-fitting cotton clothes will help keep your body ventilated, and a hat and sunglasses will help protect you from the sun's harmful rays.

Find Air Conditioning

Some elderly individuals do not have air conditioning in their homes, and often fans do not help during extreme heat. Encourage your loved one to visit a place that has air conditioning, such as a movie theater, the library, the mall, or even friends and family.

Know The Signs Of Heat Exhaustion And Heat Stroke

It's important to be aware of the signs and symptoms of heat exhaustion and a heat stroke. Heat exhaustion symptoms include extreme thirst, excessive sweating, light-headedness, mild nausea/vomiting, fainting, and cold pale skin. A heat stroke is more severe and medical help should be sought immediately. Symptoms of a heat stroke include a fast pulse, confusion, hot dry skin, and a temperature of 104° or higher.

Your elderly loved ones don't have to stay indoors this summer. By following the proper guidelines and protecting them from the summer heat, they can truly enjoy their summer without risk of dangerous heat-related illnesses.

Additional Resources

National Institute On Aging (<https://www.nia.nih.gov>) - This government agency conducts various types of research to better understand the aging process and the problems associated with aging.

Supplemental Nutrition Assistance Program (SNAP) (<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>) - SNAP, formerly known as Food Stamps, offers nutrition assistance to low-income individuals and families.

Supplemental Security Income (SSI) (<https://www.ssa.gov/ssi/>) - This is a Federal income supplement program that provides cash to meet the basic needs of the aged, blind, and disabled individuals.

Texas Health And Human Services (<https://hhs.texas.gov/>) - This agency provides various types of information about services, such as aging, disabled, financial, health, mental health, and safety, offered to the people of Texas.

Thank You

Thank you for your interest in All Around Care. We hope this assessment guide can help you and your family consider ways in-home care can help your loved one live safely, happily, and healthily.

We would love the opportunity to learn more about your loved one's needs and discuss how we can help.

To speak with an All Around Care Professional, please call **888-253-5698** today, or visit www.allaroundcare.com.