

# Quiz:

## Does your parent need home care?

If you're starting to worry about your parent's health and well-being, it may be time to explore care options. Answer these questions to see if home care would meet their needs.

### 1. Which best describes your parent's needs?

- A** My parent is independent. They prepare healthy meals and are comfortable performing daily tasks.
- B** They need help with some activities, or they're recovering from an injury and need short-term help getting back on their feet.
- C** My parent needs assistance with most activities of daily living or full-time care to be safe.

### 2. Is your parent safe living at home?

- A** The home is well-maintained, and my parent can safely move through the space without help.
- B** There are some tripping hazards, and my parent has trouble safely getting in and out of the tub or shower.
- C** I am routinely concerned about my parent's safety due to tripping hazards and a lack of assistive devices throughout the house.

### 3. Can you confidently provide the care your parent needs?

- A** My parent has minimal needs and I'm easily able to help them with occasional tasks.
- B** I can help my parent with most things, but it would be nice to have a helping hand.
- C** I don't have the time or expertise to help my parent with everything they need.

### 4. Does your parent regularly socialize with others?

- A** My parent's social calendar is always full – I can hardly keep up.
- B** They occasionally visit with friends and family, but most days they're alone.
- C** My parent is isolated and often seems depressed.

#### Mostly A's

#### Encourage independence

Your parent appears to be safe living alone but might benefit from more social interaction. Consider scheduling a weekly dinner with the family and exploring events at the local senior center.

#### Mostly B's

#### Hire a helping hand

A professional caregiver or companion will likely provide the assistance your parent needs to stay safely in their home – and will help take the pressure off of you.

#### Mostly C's

#### Consider community living

If your parent needs full-time or daily assistance, consider an assisted living community where meals, transportation and care are all provided in a safe and social setting.