## FORM 9

## **Needs Assessment for Living on Your Own**

This is an easy-to-use worksheet for figuring out those areas in which you need—or may in the future need—some help. For each category:

- Make an honest assessment of need (left column).
- Decide who could help fill that need (center column).
- Make notes to help you follow up (right column).

Transportation to and f	rom doctor's office, church,	shopping, etc.
<ul> <li>a definite need now</li> <li>might be helpful</li> <li>possibly in the future</li> <li>not needed</li> </ul>	<ul> <li>□ Family or friend</li> <li>□ Senior services agency</li> <li>□ Paid helper</li> <li>□ Volunteer</li> <li>□ Other</li> </ul>	Notes:
Doing laundry and keep	ping up with other houseke	eping chores
<ul> <li>□ a definite need now</li> <li>□ might be helpful</li> <li>□ possibly in the future</li> <li>□ not needed</li> </ul>	☐ Family or friend ☐ Senior services agency ☐ Paid helper ☐ Volunteer ☐ Other	Notes:
Preparing nutritious m	eals	
<ul> <li>□ a definite need now</li> <li>□ might be helpful</li> <li>□ possibly in the future</li> <li>□ not needed</li> </ul>	<ul> <li>□ Family or friend</li> <li>□ Senior services agency</li> <li>□ Paid helper</li> <li>□ Volunteer</li> <li>□ Other</li> </ul>	Notes:
Help with activities of d	aily living, such as dressing	, grooming, mobility
<ul> <li>a definite need now</li> <li>might be helpful</li> <li>possibly in the future</li> <li>not needed</li> </ul>	<ul> <li>□ Family or friend</li> <li>□ Senior services agency</li> <li>□ Paid helper</li> <li>□ Volunteer</li> <li>□ Other</li> </ul>	Notes:

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Yard work, such as mow	ring the lawn, raking leaves	s, snow removal
<ul> <li>a definite need now</li> <li>might be helpful</li> <li>possibly in the future</li> <li>not needed</li> </ul>	<ul><li>□ Family or friend</li><li>□ Senior services agency</li><li>□ Paid helper</li><li>□ Volunteer</li><li>□ Other</li></ul>	Notes:
Minor home repairs, suc	ch as fixing a leaky faucet, o	changing light bulbs
<ul> <li>a definite need now</li> <li>might be helpful</li> <li>possibly in the future</li> <li>not needed</li> </ul>	<ul> <li>□ Family or friend</li> <li>□ Senior services agency</li> <li>□ Paid helper</li> <li>□ Volunteer</li> <li>□ Other</li> </ul>	Notes:
Organizing and paying	bills	
<ul> <li>a definite need now</li> <li>might be helpful</li> <li>possibly in the future</li> <li>not needed</li> </ul>	<ul> <li>□ Family or friend</li> <li>□ Senior services agency</li> <li>□ Paid helper</li> <li>□ Volunteer</li> <li>□ Other</li> </ul>	Notes:
Companionship—reass	urance check-in	
<ul> <li>a definite need now</li> <li>might be helpful</li> <li>possibly in the future</li> <li>not needed</li> </ul>	<ul><li>□ Family or friend</li><li>□ Senior services agency</li><li>□ Paid helper</li><li>□ Volunteer</li><li>□ Other</li></ul>	Notes:
Other		
<ul> <li>a definite need now</li> <li>might be helpful</li> <li>possibly in the future</li> <li>not needed</li> </ul>	<ul> <li>□ Family or friend</li> <li>□ Senior services agency</li> <li>□ Paid helper</li> <li>□ Volunteer</li> <li>□ Other</li> </ul>	Notes:

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