



When Can Someone No Longer Live Alone Safely

By observing them, you will know more about the level of assistance needed. With 1 being the easiest and 5 being the hardest, rate their ability to perform these tasks.

Dress and undress without assistance?	1	2	3	4	5
Drive or use public transportation on their own, safely?	1	2	3	4	5
Shops for groceries or clothing on their own?	1	2	3	4	5
Prepares balanced meals? Not too much frozen food?	1	2	3	4	5
Maintains a healthy weight?	1	2	3	4	5
Takes a bath or shower 3 times a week without help?	1	2	3	4	5
Can get into and out of bed without help?	1	2	3	4	5
Can they successfully alert help?	1	2	3	4	5
Be left alone during the day?	1	2	3	4	5
Keeps the house clean?	1	2	3	4	5
Washes own clothes?	1	2	3	4	5
Remembers to change clothes daily?	1	2	3	4	5
Remembers to pay bills and manage finances on own?	1	2	3	4	5
Manages own medications without confusion or missing doses?	1	2	3	4	5
Forgets to turn off the stove?	1	2	3	4	5
Dresses appropriate for the weather?	1	2	3	4	5
Live alone confidently & safely? Afraid of falling?	1	2	3	4	5
Remains active and interested in life and hobbies?	1	2	3	4	5
Has a positive attitude about life? Lonely?	1	2	3	4	5
Can get around in house safely?	1	2	3	4	5

TOTAL _____

The higher the total score, the more needs they have. Losing interest in favorite hobbies, not doing anything and being negative are signs of depression which is common in seniors. Make a doctor's appointment to have a full depression screening. Not remembering to change clothes and paying bills late are signs of memory issues that need to promptly explored. There are many more treatments available for early Alzheimer's so get a Geriatric evaluation as soon as possible. This also gives your family more time to plan and enjoy them before the disease progresses. There is no perfect answer as to when an Alzheimer's patient is no longer safe at home because they could lose that sense of safety anytime. Getting them as much supervision and assistance as possible will help you feel better but don't burnout the caregiver either.