Is the Individual Able to *Live Alone*?

Use the following questions to evaluate how the individual handles his/her daily life and identify safety concerns. Evaluate their needs on a frequent and regular basis. Any sudden changes could mean potential health problems so please consult their physician. Always observe activities yourself, do not rely on the individual’s report because they can be clever at hiding their deficits.

**One or more “Yes” answers in a category may indicate a need for more supervision, support or a need to consider a change in living arrangements.** Also, if the individual becomes disoriented or lost, call the Alzheimer's Association at 1-800-272-3900 to obtain a Medic Alert + Safe Return bracelet application.

**Safety Concerns**

**Is the individual:**

- having accidents even minor ones?
  
  _____Yes  _____No

- wandering more?
  
  _____Yes  _____No

- letting pots burn on the stove or forgetting to turn off the burners or oven?
  
  _____Yes  _____No

- forgetting to put out cigarettes properly?
  
  _____Yes  _____No

- letting strangers into the house, opening the door for anyone or locking themselves out often?
  
  _____Yes  _____No

- demonstrating mood swings and suspicious behaviors?
  
  _____Yes  _____No
Personal Care Activities

Is the individual unable to:

- keep up with usual social and physical activities?
  _____Yes   _____No

- eat well balanced meals and drink plenty of fluids?
  _____Yes   _____No

- bathe and dress appropriately?
  _____Yes   _____No

- toilet themselves correctly?
  _____Yes   _____No

Task Oriented Activities

Is the individual unable to:

- take care of their home?
  _____Yes   _____No

- pay bills on time, balance her checkbook accurately and use credit cards appropriately?
  _____Yes   _____No

- do their own shopping, storing and cooking food correctly?
  _____Yes   _____No

- use the phone properly, handle an answering machine and remember important phone numbers?
  _____Yes   _____No

- take medication on time and the right amount?
  _____Yes   _____No

- secure their home at night or when going out?
  _____Yes   _____No

If the individual may become disoriented or lost, call the Alzheimer’s Association at 800-272-3900 to obtain a Medic Alert + Safe Return bracelet application. Feel free to call the Alzheimer’s Association for any other additional information, educational materials, and/or support.

Adapted from Alzheimer’s Association, St. Louis Chapter