



Home Care Quiz:

Do I Need Senior Care?



Have you or someone you love begun to struggle with day-to-day responsibilities?

As people age, routine tasks like getting dressed, preparing meals, driving to the store, and even walking can become difficult to manage alone. Getting the help you need can make the difference between enjoying a healthy, dignified lifestyle and struggling daily to meet basic needs.

Home care helps seniors keep their independence while also making sure they stay safe and healthy. Whether you need a helping hand with meal preparation and laundry, personal care and medication reminders, or dealing with the symptoms of Alzheimer's, a professional caregiver can support you while also becoming a trusted companion.

At Cherished Companions, we place the highest value on quality care and professionalism. We also want each one of our clients to feel valued and cared for, and we want families to enjoy peace of mind in knowing that their senior loved ones have the best possible caregivers.

But how much care do you really need? Whether you would benefit from a few hours of assistance each day or 24-hour live-in care, we can design a care plan to match your needs, lifestyle, personality and health circumstances. Let's start with a few questions to help you determine the level of care that may be right for you or your elderly loved one.

For each of the following questions, choose the answer that best describes you or your senior family member.

1 Do you live alone?

- a. No, I live with someone who takes very good care of me.
- b. No, I live with someone, but he or she has some health difficulties too.
- c. Yes, I live alone, but I have family or friends in town who check on me.
- d. Yes, I live alone.

2 Have you had any recent illnesses or hospitalizations?

- a. No, I haven't.
- b. Yes, but it was just a minor issue. I'm doing pretty well now.
- c. Yes, I had a stroke or other significant health problem that has created ongoing difficulties.
- d. Yes, I have a chronic illness that is getting progressively worse.

B EXAMPLE:

"I had pneumonia last winter, but I'm completely recovered now."

C EXAMPLE:

"I had a stroke and I'm still struggling to regain some of my physical abilities."



Did You Know?

Home care can help you with post-hospital rehabilitation as you recover from an injury or illness. When you have recovered, you can decide whether you would benefit from continuing care or whether you are ready to return to full independence.

3 Do you use a walker, cane, or wheelchair?

- a. No, I walk pretty well.
- b. Yes, I use a walker or cane to get around sometimes.
- c. Yes, I rely on my cane or walker to move through the house. I'm afraid I'll fall without it.
- d. I use a wheelchair.

A EXAMPLE

"I rarely have trouble getting around."

B EXAMPLE:

"I mostly use my walker when I have to leave the house."

4 Do you have steps in your house?

- a. No, there are no stairs in my home.
- b. Yes, but only a few. I can still get around easily.
- c. Yes, and I need help to get up and down them.
- d. Yes and I avoid them.

A EXAMPLE:

“I live in a ranch-style house with no steps.”

D EXAMPLE:

“I can’t use my upstairs rooms anymore.”

5 Can you safely reach the top shelf in your closet or pantry?

- a. Yes, I can reach all the shelves in my home safely and easily.
- b. Yes, but I like to have something nearby to hold onto.
- c. Not without help.
- d. No, I don’t use those shelves anymore.

A EXAMPLE:

“I hide candy from the grandkids on my top shelves!”

D EXAMPLE:

“I’ve forgotten what is on my top shelves since I can’t reach them anymore.”

6 Have you ever forgotten to take a medication or had trouble remembering the dosage?

- a. No, never.
- b. Yes, I occasionally miss a dose.
- c. Yes, I commonly forget.
- d. I can’t remember.

B EXAMPLE

“I don’t think so. But come to think of it, I may have missed my dose this morning. I better check.”

7 How often do you go grocery shopping?

- a. Once a week, like clockwork.
- b. Usually two or three times a month.
- c. No more than once a month.
- d. I haven’t been in a while. I have expired food in my fridge and my cabinets are mostly empty.

D EXAMPLE:

“I can’t drive by myself and my kids live out of town, so I have to find someone to take me. It’s not always easy.”



Did You Know?

Your caregiver can help you with weekly errands like grocery shopping and doctor's appointments. She can also help you plan and prepare meals so you get the nutrition you need.

8

Can you get in and out of bed by yourself?

- a. Yes.
- b. Usually, but sometimes I need a hand.
- c. Not always. I appreciate having an arm to lean on.
- d. No. I always need help to move from my bed to my wheelchair.

9

How often do you cook meals at home?

- a. Every day.
- b. Once or twice a week.
- c. Rarely.
- d. Never.

C EXAMPLE:

"I love to cook but find it very difficult to do."

10

Are you able to get in and out of the shower by yourself?

- a. Yes.
- b. Yes, but sometimes I feel unsteady
- c. No, I need help to step over the side of the tub.
- d. No, I need help bathing on a daily basis.

C EXAMPLE:

"Having a walk-in tub would be much easier."

11

How often do you leave your home?

- a. At least once a week.
- b. Two or three times per month.
- c. Once a month or less.
- d. Rarely.

D EXAMPLE:

"I miss going on trips, but understand I have limitations"

12 Do you ever feel lonely or sad?

- a. Not often.
- b. Occasionally.
- c. Frequently.
- d. Every day.

C EXAMPLE:

“I’ve gotten used to living alone, but would appreciate company from time to time.”



Did You Know?

Home care offers not only assistance with daily routines, but also the care and companionship of a trusted friend. We work closely with you to make sure your caregiver is the right fit for your personality, needs, and lifestyle.

13 Do you have family nearby?

- a. Yes, I live with my spouse, and our kids visit often.
- b. Yes, I live with my spouse, but we don’t have other family nearby.
- c. No, I live alone, but I have family members in town.
- d. No, my family lives elsewhere.

C EXAMPLE:

“I have family nearby, but I still wish I had visitors more often.”

14 Do you have trouble remembering things?

- a. Rarely.
- b. Occasionally.
- c. Yes, often.
- d. Yes, every day.

C EXAMPLE:

“It’s not unusual for me to forget why I walked into a room.”

15 How well do you sleep at night?

- a. Pretty well.
- b. Not as well as I used to.
- c. Not very well.
- d. I have chronic insomnia.

C EXAMPLE:

“The quality of my sleep is very poor.”

16 Do you get up during the night?

- a. Hardly ever.
- b. Occasionally.
- c. Yes, frequently.
- d. Yes, sometimes I get up and wander around the house.

B EXAMPLE:

“I will toss and turn a bit, but it’s not too difficult to fall back asleep.”

C EXAMPLE:

“I will wake up frequently, but will continue to lay and rest.”



Did You Know?

Your caregiver can provide an extra measure of safety at night by being available to help with walking to and from the bathroom and offering reassurance for seniors who struggle with anxiety. If your loved one suffers from Alzheimer’s or dementia, a caregiver can prevent wandering or leaving the house during the night.

17 Do you have any safety features in your home?

- a. Just the standard ones.
- b. I have a few things to help prevent me from falling.
- c. Yes, I have several things like a tub chair and ramps to help me with daily routines or I could really benefit from these safety features, but have yet to install them.
- d. Yes, I’ve made significant home modifications such as wider doorways and grab bars in the bathroom.

D EXAMPLE

“I have things like a tub chair and ramps to help me with daily routines.”

18 Has your family ever expressed concerns about your safety?

- a. No, not really.
- b. Yes, after a hospitalization or health concern.
- c. Yes, they routinely ask about me.
- d. Yes, they worry that my health conditions present significant potential for injury or illness.

B EXAMPLE

“It was only after a hospitalization or health concern.”

D EXAMPLE

“They worry that my health conditions present significant potential for injury or illness.”

19 Can you drive?

- a. Yes.
- b. Yes, but I prefer not to.
- c. My family doesn't want me to drive.
- d. No, I do not have a current driver's license.

B EXAMPLE

"I can drive, but it is difficult to get in and out of the car."

20 How many meals do you eat each day?

- a. Three meals a day, plus healthy snacks.
- b. Three meals a day, but it's pretty much the same thing over and over.
- c. I'm not hungry much anymore, so I just eat when I feel like it.
- d. I eat when someone tells me it's time.

B EXAMPLE

"I eat three meals a day, but find it boring and monotonous."

21 Do you have any chronic health conditions?

- a. No, I'm pretty healthy.
- b. Yes, I've had diabetes or similar condition for many years and it is well controlled.
- c. Yes, I recently had a stroke or other health problem and I'm still recovering from it.
- d. Yes, I have a degenerative disorder such as Parkinson's or Alzheimer's disease.

B EXAMPLE

"I've had diabetes or a similar condition for many years."

22 Have you ever fallen?

- a. No.
- b. Yes, but it wasn't serious.
- c. Yes, and it was semi-serious.
- d. N/A - I am confined to a bed or wheelchair.

C EXAMPLE

"I fell and broke a bone. It required surgery or a hospital stay."



Did You Know?

Falls are one of the leading causes of hospitalization for seniors. Home modifications such as ramps, grab bars, and non-slip treads can significantly reduce your risk of falling at home.

23 Do you have any hobbies?

- a. Yes, I have hobbies that take me out of the house.
- b. Yes, I have hobbies that I do at home.
- c. Yes, but I can't do the things I used to.
- d. Not really. I'm too tired for hobbies.

A EXAMPLE

"I go to bridge and aqua aerobics twice a week."

D EXAMPLE

"I am too tired or uninterested to take part in activities."

24 How would you rate the cleanliness of your home?

- a. It's just as clean as I've always kept it.
- b. It's not as clean as I would like it to be.
- c. I often get behind on things like dishes and laundry.
- d. I need help to keep my house clean.

A EXAMPLE

"Martha Stewart would be proud!"



Did You Know?

Home caregivers not only provide assistance with personal care, but also with caring for your home. Your caregiver can assist with light housekeeping responsibilities like laundry and dishes to keep your home healthy.

25 Do you struggle to remember things you think you should know?

- a. I remember the important things.
- b. I misplace or forget things and that frustrates me.
- c. I forget important things like doctor's appointments and medication.
- d. Sometimes I don't remember people.

A EXAMPLE:

"I always remember the important things."

B EXAMPLE:

"Sometimes I misplace or forget things."

Finished? Add up how many A, B, C and D answers you gave to determine how home care could help you.

MOSTLY A'S

You enjoy your independence and don't need a lot of extra help. You live alone or with a spouse most of the time, and you have family who can help you when you need it. You may benefit from home care if you are recovering from a recent illness or injury at home.

MOSTLY C'S

You may have difficulty walking, getting out of bed, or transferring from sitting to standing. Your family is concerned, but they aren't able to provide the level of care you need. You may benefit from having a caregiver work with you throughout the day to assist you with dressing, bathing, mobility, fall prevention, or memory care.

Summary

Home care helps seniors maintain their independence so they can enjoy their golden years at home. Customized care plans provide the right level of care based on individual needs, giving families peace of mind that their senior loved ones will receive quality, compassionate care as often as they need it. If you have questions about whether a caregiver could help you or your loved one enjoy a better quality of life, please give us a call!

MOSTLY B'S

You can still get around pretty well, but you need assistance with a few things like driving and housework. You may benefit from a few hours of home care each day to help with cooking, laundry, grocery shopping, and medication reminders.

MOSTLY D'S

You have significant difficulty with daily activities and may be confined to a bed or wheelchair. You may have a disability or chronic condition such as neuromuscular degeneration that prevents you from caring for yourself. You may benefit from 24 hour or live-in care to provide a safe, healthy home environment and be sure someone is available at night if you need assistance.



About Cherished Companions Home Care

Cherished Companions Home Care was founded by Douglas Wilber to meet the growing need for care in our community. Doug's goal is to create a company that provides unsurpassed compassionate care at an outstanding value, thus allowing more people to enjoy independence in the comfort of home.

Cherishing people, and their need for independence, is at the very heart of Cherished Companions. We believe strongly in hiring only those who believe caregiving is a calling, not a job. Our caregivers are passionate about their work and are committed to providing the best care possible with an abundance of love.

We specialize in assisting the elderly and aging to achieve independence and allowing them to thrive at home. We also offer assistance with those suffering from chronic illness, recovering from surgery, those who are disabled, and more.

If you have questions about whether a caregiver could help you or your loved one enjoy a better quality of life, please give us a call at (440) 484-5390.



We serve much of northeast Ohio. Don't see your location? Contact us!

COUNTIES SERVED:

- Cuyahoga County
- Geauga County
- Lake County
- Portage County
- Summit Count

MAJOR CITIES WE SERVE:

- Aurora
- Beachwood
- Bedford
- Brecksville
- Broadview Hts
- Chagrin Falls
- Chardon
- Cleveland
- Cleveland Hts
- Eastlake
- Euclid
- Garfield Hts
- Highland Hts
- Hudson
- Lyndhurst
- Macedonia
- Maple Heights
- Mayfield Hts
- Mentor
- Painesville
- Shaker Heights
- Solon
- South Euclid
- Twinsburg
- University Hts
- Warrensville Heights
- Wickliffe
- Willoughby
- Willoughby Hills
- Willowick