



## Daily Living Assessment Checklist

Use this table to assess each area of your loved one's daily life. For each task, consider whether it is being managed well, if it can be handled by family, or if extra help is needed.

### Daily Living Tasks

Task	Is it working?	Can you or another family member manage it?	Should we get help?
Cooking meals regularly and safely			
Grocery shopping and managing pantry items			
Bathing and grooming independently			
Dressing appropriately for the weather and occasion			
Using the bathroom without assistance			

### Health & Safety

Task	Is it working?	Can you or another family member manage it?	Should we get help?
Managing medications correctly and on time			
Attending regular medical appointments			
Navigating the home without falling or getting lost			
Remembering important dates or daily routines			

### Home Maintenance

Task	Is it working?	Can you or another family member manage it?	Should we get help?
Cleaning and tidying the home			

Task	Is it working?	Can you or another family member manage it?	Should we get help?
Doing laundry and changing bed linens			
Managing trash and recycling			
Maintaining a safe and clutter-free environment			

## Social & Emotional Well-Being

Task	Is it working?	Can you or another family member manage it?	Should we get help?
Staying socially connected with friends or family			
Participating in hobbies or activities			
Expressing emotions clearly and appropriately			
Maintaining a generally positive outlook			