

Mood Assessment

1. ElderCare 4 Families

Sometimes as we age, we become less able to handle the day-to-day tasks necessary to take proper care of ourselves. The ability to handle activities of daily living (personal care), home care (environmental safety and cleanliness) and orientation and mood are areas that children should assess when deciding if their parents are still safe, healthy and happy in their homes by themselves. This mini-assessment can be done discreetly and most adult children are able to complete it successfully.

If, based upon either the outcome of a visit or a telephone conversation, you feel there is a problem you should take immediate action.

1. Do they know you by name and relationship?

Yes

No

2. Is their speech normal – clear and not slurred?

Yes

No

3. Are they able to express a thought in an organized manner?

Yes

No

4. Are they confused or forgetful?

Yes

No

5. Are they having more than usual trouble sleeping?

Yes

No

6. Are they aware of current events?

Yes

No

7. Are they unsteady on their feet – holding on to furniture when walking?

Yes

No

Mood Assessment

8. Has their driving become unsafe?

Yes

No

9. Have they continued to be active outside the home and/or with hobbies?

Yes

No

10. Are there any signs of isolation, mood swings, extreme sadness, loneliness or depression?

Yes

No