

## ELDERCARE WORRY SCALE

To open family conversations, have each family member fill out the scale themselves and then talk about their ratings.

The descriptions below provide more details for the topics in the scale.

**Overall worry** – about the person who needs care

**Personal-care ability** – to eat, get dressed, bathe and use the toilet

**House/yard maintenance** – repairs, shoveling, mowing

**Home safety** – falls, accidents, clutter, firearms, other hazards

**Driving** – accidents, near misses, vision, tickets, calls from police

**Security** – neighborhood crime, readiness to cope with emergencies

**Household tasks** – cleaning, cooking, errands, laundry, removing trash

**Medical problems** – health conditions, hospital stays, several doctors

**Medications** – organizes, takes correctly, knows side effects and costs

**Nutrition** – eats a variety of fresh food, cooks, stays on special diet

**Finances** – managing money and bills, on low-income programs

**Insurance** – Medicare, Medical Assistance, home/car, long-term care

**Legal** – Power of attorney, will, health-care agent, personal-wishes directives

**Memory and reasoning** – forgetting, problem-solving

**Emotions** – depression, anxiety, changes in behavior

**Social** – amount of contact with other people

**Support system** – people who help in the home, or with personal care

**Caregiver** – time, stress, other responsibilities, willingness

**Transportation** – grocery shopping, appointments, social activity

**Family support** – family agreement, willingness to help

## ELDERCARE WORRY SCALE

Rate each topic with a number between one and five. After you have finished, you will total all columns in the bottom row and then add the sum of each column for a total score.

	Not Worried				Extremely Worried
	1	2	3	4	5
Over-all worry					
Personal-care ability					
House/yard maintenance					
Home safety					
Driving					
Security					
Household tasks					
Medical problems					
Medications					
Nutrition					
Finances					
Insurance					
Legal					
Memory and reasoning					
Emotions					
Social					
Support system					
Caregiver					
Transportation					
Family support					
<b>TOTAL</b>					

Total all

### Eldercare Worry-Scale Total Score

Score of 80–100 – Signs of impending crisis

Score of 68-80 – Significant problems

Score of 40-60 – Help needed in specific areas

Score of 20-40 – Small areas of concern

Score of 0–20 – Very little help needed now, stay alert for changes