



Long-Term Care Starter Worksheet

Use this resource page to empower you with the information needed to make thoughtful and informed choices for yourself or your care recipient's care. **Before making any phone calls or visits, consider and list your needs:**

Why am I considering long-term care?

What type of care/resources do I need?

Do I need help with **Activities of Daily Living (ADLs)** and **Instrumental Activities of Daily Living (IADLs)**? Check all that apply.

ADLs

- Mobility
- Transfers
- Walking in the room/corridor
- Dressing
- Eating
- Toileting
- Personal hygiene
- Bathing
- Continence

IADLs

- Ability to use the telephone
- Shopping
- Food preparation
- Housekeeping
- Laundry
- Mode of transportation
- Medication management
- Ability to handle finances

Elaborate on ADLs & IADLs I need help with.

Do I have a language and/or cultural preference?



What type of food would I like to eat?

What am I able to afford?

What other areas do I want to remain independent/autonomous?

What else is important to me to have with facility care?

If I had to move, where would I like to live? Near family?

What is important to me when it comes to care? Rank your top 5

Examples:

- Quality of care
- Meet your individual care needs
- Cost of care
- Nearby to your family
- Located in a safe neighborhood
- Nearby to your friends
- Culturally-sensitive care
- Amenities: dining, activities, outdoor space, etc.

1.

2.

3.

4.

5.

For checklists on what to look for when visiting facilities, visit keiro.org/ltc-checklist.