



Independent Plus

by Care Plus & Westminster Village North

SENIOR LIVING CARE NEEDS CHECKLIST

Independent Living • Independent Plus • Assisted Living

Use this checklist as a conversation guide to help determine which level of living may best meet current needs. Final placement is based on the community's assessment and admission criteria.

Customer / Resident:

Completed With:

Date:

CARE NEED / ABILITY	INDEPENDENT LIVING <i>Most independent – little to no assistance needed</i>	INDEPENDENT PLUS <i>Some support or reminders may be helpful</i>	ASSISTED LIVING <i>Regular assistance with daily activities needed</i>
 Bathing / Showering	☐ Independent	☐ Occasional help / reminders	☐ Regular hands-on assistance
 Dressing	☐ Independent	☐ Occasional help	☐ Regular assistance
 Grooming / Personal Hygiene	☐ Independent	☐ Reminders / minimal help	☐ Regular assistance
 Toileting	☐ Independent	☐ Reminders / minimal help	☐ Regular assistance
 Incontinence Care	☐ Manages independently	☐ Some support needed	☐ Regular assistance needed
 Walking / Mobility	☐ Independent, with or without device	☐ May need occasional support	☐ Regular assistance / supervision
 Transfers (bed/ chair/toilet)	☐ Independent	☐ Minimal / occasional help	☐ Regular hands-on assistance
 Medication Management	☐ Manages independently	☐ Reminders / support	☐ Medication administration / management
 Meals	☐ Manages independently	☐ Benefits from provided meals	☐ Meals provided with support as needed
 Housekeeping / Laundry	☐ Manages independently or uses services	☐ Additional services helpful	☐ Regular support / services needed
 Transportation	☐ Drives or arranges independently	☐ Benefits from transportation services	☐ Relies on transportation assistance
 Safety Awareness	☐ Good safety awareness	☐ Occasional reminders / check-ins	☐ Regular oversight needed
 Emergency Response	☐ Able to recognize and respond appropriately	☐ Benefits from added monitoring / check-ins	☐ Needs staff readily available for assistance
 Memory / Cognition	☐ Manages daily routine independently	☐ Mild reminders / cueing helpful	☐ Regular cueing / oversight needed
 Scheduling Appointments	☐ Manages independently	☐ May need reminders /help	☐ Regular assistance needed
 Overall Daily Routine	☐ Independent	☐ Mostly independent with added support	☐ Needs daily care / support