

Time Assessment

After completing the Needs Assessment to determine the level of care your loved one requires, take this time assessment to gain an accurate idea of how much time on a daily and weekly basis is required to support your loved one remaining at home.

Step 1: Review the list of ADLs

- Personal Hygiene - bathing, grooming, and oral care
- Dressing - the ability to make appropriate clothing decisions and to physically dress oneself
- Eating - the ability to feed oneself, though not necessarily to prepare meals
- Maintaining Continence - includes the mental and physical ability to use the restroom
- Transferring - moving from seated to standing positions as well as getting into and out of bed

Step 2: Review the list of IADLs

- Basic communication skills - like using the telephone
- Transportation - driving, arranging a ride, or using public transportation
- Meal preparation - planning, cooking, and the safe use of kitchen equipment
- Housework - laundry, bed making, kitchen clean-up
- Managing medications - remembering to take correct dosages and requesting re-fills
- Shopping - making appropriate clothing and food purchases and using currency correctly
- Managing personal finances - working with a personal budget and paying bills

Step 3: Review the Needs Assessment you completed and consider the times of day your loved one will need assistance:

- 7:00 am – 11:00 am – Morning
- 11:00 am – 3:00 pm – Mid-day
- 3:00 pm – 7:00 pm – Afternoon
- 7:00 pm – 11:00 pm – Evening
- 11:00 pm – 7:00 am – Overnight

Step 4: Consider the days of the week for each of these times of day. Check (✓) the times required.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|--------|---------|-----------|----------|--------|----------|--------|
| 7-11 am | | | | | | | |
| 11am – 3pm | | | | | | | |
| 3-7 pm | | | | | | | |
| 7-11 pm | | | | | | | |
| 11pm – 7am | | | | | | | |

Step 5: Look at the weekly schedule again. This time replace the checks with family members and friends who are able and willing to care for your loved one for that period of time. Check marks for which you don't have a family member or friend, could be where Ella Stewart Care can help.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|--------|---------|-----------|----------|--------|----------|--------|
| 7-11 am | | | | | | | |
| 11am – 3pm | | | | | | | |
| 3-7 pm | | | | | | | |
| 7-11 pm | | | | | | | |
| 11pm – 7am | | | | | | | |