

Engaging Aging Assessment Tool

Concerns	Stable Worsening				
Cognitive ability					
Physical ability/frailty					
Fall risk/balance					
Financial long term viability					
Home maintenance/security					
Caretaker for others					
Need of caretaker					
Experiencing agism					

Self-Assessment	Unchanged Ability Reduce				
Food security/preparation					
Manage self-care personal					
Sleep quality					
Exercise/walking					
Balance for fall prevention					
Physical strength					
Cognitive changes					
Socially engaged/isolated					
Stress management/coping					
Financial security					
Happiness/pleasure/hobbies					
Resilience					

Engaging Aging Assessment Tool

Living in the World	Indep	Adapt	Support
Housing stable			
Shopping for essentials			
Meal preparation and cleanup			
Travel outside home			
Ambulate including stairs			
Care of pet			
Access to health care			
Medication management			
Engaging socially			
Supportive community			
Tech savvy			

Home Bound	Indep	Adapt	Support
Managing money			
Medication Administration			
Shopping for essentials/fun			
Obtain groceries			
Using phone			
Meal prep and clean up			
Maintaining home/laundry			
Managing technology			
Safety measures			
Pet Care			

Engaging Aging Assessment Tool

Activities of Daily Living (ADL)	Indep	Adapt	Support
Eating, Feeding Self			
Personal Hygiene			
Bathing			
Dressing			
Continence/cleanliness			
Mobility/walking			
Transfer (bed-chair-bed)			
Stairs			

Notes: