

Changes In My Personal Needs

Your personal needs can change because of a new illness, accident, surgery, or a hospitalization. Health care professionals use assessment tools and checklists to better understand your needs by asking you questions and observing you in your home. Use this activity to help you identify if you are experiencing any changes in your personal needs, how to communicate this with others, and how to ask for the assistance you need.

Resource Kit

Click the underlined words in each activity to explore the online resource kit. The resource kit provides definitions and links to research-based websites, services, resources, tools, videos, and more!

[MywellHealth.info](https://www.mywellhealth.info)

Write your full name & date completed/updated here:
(It will automatically appear on every page)

Changes in My Personal Needs

Your personal needs can change because of a new illness, accident, surgery, or a hospitalization. Health care professionals use assessment tools and checklists to better understand your needs by asking you questions and observing you in your home. It can be difficult to acknowledge that you might need help from others. It is important to be honest and realistic when responding to questions in any checklist or assessment. Use this activity to help you identify if you are experiencing any changes in your personal needs, how to communicate this with others, and how to ask for the assistance you need.

Tip: Complete this checklist with someone who is close to you and who you trust. Try to see the list as a way to get assistance with what you need rather than a list of what you cannot do. Consider asking your care partners for help with the tasks you identify as challenging.

Identifying Changes in My Personal Needs

Even though your needs can change day-to-day, check the items that you currently find challenging and need help with or items others have noticed you might need help with..

Date Updated:

Personal Care

Bathing

Using the toilet

Skin care

Dressing

Shampoo & hair care

Mouth and denture care

Shaving

Applying make-up

Nail care

Ear cleaning/ Wax removal

Bowel or bladder control

Checking weight

Safety

Taking medication at the right time and the right dose.

Completing health care treatments or monitoring (such as blood pressure or blood glucose)

Concern of excessive alcohol or drug use

Loss of balance or falls

General muscle or hand weakness

Identifying tripping hazards (such as mats & low objects)

Identifying Changes in My Personal Needs(2)		
Mind and Socializing		
___ Vision	___ Hearing	___Mood changes or irritability
___ Fatigue	___ Anger or outbursts	___ Loneliness
___ Explaining wants and needs to others	___ Quiet time/ Personal space	___ Communicating with others
Activities		
___ Errands and shopping	___ Exercising	___ Going out eith friends
___ Getting to appointments	___ Particiapting in activities	___ Banking and money management
___ Driving	___ Taking public transit	___ Taking a taxi or Uber
Mobility		
___ Getting in and out of a chair	___ Walking up and down stairs	___ Walking inside the house
___ Walking outside		
Food Preparation & Meal Support		
___ Grocery Shopping	___ Planning meal choices	___Preparation of meals and snacks
___ Using the stove and oven safely, turning it off after use.	___Identifying spoiled food	___ Chewing and swallowing
___ Drinking enough or limiting fluids	___	___

Identifying Changes in My Personal Needs(3)		
Home Hygiene		
___ Cleaning kitchen and dishes	___ Making and changing the bed	___ Wash & dry laundry and put away
___ Vacuuming and sweeping	___ Garbage and recycling	___ Cleaning the bathroom
___ Picking up and sorting the mail	___ Managing and reducing clutter	___
Home Maintenance		
___ Garbage removal	___ Lawn or garden care	___ Sidewalk cleaning/ snow removal
___ Cleaning roof gutters	___ Minor home repairs	___

Tip: You might consider asking your physician or nurse practitioner for an estimate of how long any changes in your personal needs might last.

Notes for Changes In My Personal Needs

Use the 'Notes for My Place to Call Home' as needed. It keeps all your thoughts, questions, and things to do in one place. Might be a place to list ideas, services, and resources you like.

Date	A place to record your thoughts, questions, and learning

Notes	
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