Geriatric Evaluation and Treatment Program
Comprehensive Care for the Elderly Patient

What is the Geriatric Evaluation and Treatment Program (GET)?
The Geriatric Evaluation and Treatment Unit (GET) Program is a component of the Department of Family & Geriatric Medicine at the University of Louisville School of Medicine. It focuses on the testing, evaluation, and treatment of the complex medical, social and psychological disorders of the older adult.

As the first and only service of its kind in the Louisville area, the Geriatric Evaluation & Treatment Unit:
- has served as a model for innovative approaches to health care for the elderly since 1984.
- provides a training environment for professionals who have a special interest in geriatrics and gerontology.
- provides educational workshops to organizations in the community.

Why is there a need for GET?
As the human body ages, it may be afflicted by a number of common, yet complicated diseases. Friends and family members of the older adult may notice a decrease in function, difficulty hearing or speaking clearly, periods of memory lapses or confusion, or other related symptoms that may be experienced by people over 62.

These symptoms can cause distress to the older adult who has led an active and independent life. Suddenly, he or she may have to make frequent trips to the physician, take prescription medications or employ the services of a visiting nurse or a social worker. As the person’s ability to care for himself or herself lessens, hospitalization or a move into a nursing home may become imminent.

All of these changes – the physical maladies, the emotional upset that comes with dependence and the prospect of leaving one’s home, and the chemical reactions of the prescribed drugs – each has its own effect upon the total well-being of the older person, and yet they are all interrelated. It is on this premise that GET was created as a source of a “second opinion”; it fills a critical void in the provision of health care for the older adults in our community. Treatment requires an interdisciplinary approach with specialists in geriatrics, gerontology, nutrition, psychology, psychiatry, nursing, social work, physical therapy and other areas integrating their efforts to improve the quality of life for the patient and their family.
How does the GET program work?
A patient is usually referred to GET by his/her physician or a family member. Self-referral can also initiate the process. An information packet is sent to patients who meet the criteria for participation. Included are questionnaires to determine the patient’s medical history and nutritional status, and release-of-medical-information forms for attending physicians and hospitals.

When all the information has been received and reviewed by the geriatric team, the patient is scheduled for a comprehensive evaluation. This includes complete history and physical examination, a mental/psychological evaluation, diagnostic tests and an assessment of the patient’s functional abilities. The team then determines the patient’s needs for medication or other therapeutic measures.

On rare occasions, a home visit may be scheduled to determine the patient’s ability to function within the home, the quality of his/her interpersonal relations with family and friends, and his/her mental health. The home is evaluated for potential health and safety hazards. Based on the team’s findings, the patient may be assisted in utilizing appropriate community resources.

The patient and his/her family members are informed of the results of the diagnostic tests and examinations, and the recommendations of the medical team. A written report of the consultation is provided to the patient and his/her attending physician for ongoing care. Physician services are covered by Medicare and other insurance providers. Charges vary depending upon services and procedures required.

Who is eligible to participate in the GET program?
Participation in the GET program is generally most helpful to patients aged 62 and over who have developed potentially reversible dementia and/or diseases amenable to rehabilitation. In order to provide a supportive environment, the participation of relatives, friends, nurses and/or social workers is required. At least one of these must accompany each patient through the evaluation process.

Participation does not require hospitalization, however, hospitalization may be recommended based upon results of the testing and evaluation process. Patients who suffer from advanced stages of serious illnesses may not benefit from this program; however, they are appropriate to be seen by the University of Louisville Physicians Geriatric Medicine Team.
Services Performed by the GET Program may include:

- Complete medical history
- Analysis of past medical records
- Physical examination
- Evaluation of medications and their use
- Nutritional assessment
- Psychological evaluations, including memory, emotional, social and behavioral areas
- Laboratory testing
- Caregiver/family interview
- Patient and family counseling and education
- Resource recommendations
- Consultations with other specialists when indicated
- Follow-up evaluations to monitor patient’s progress
- Others as needed

The GET Team members include:

Faculty Geriatrician (MD)
Geriatric Fellow (MD)
Faculty Doctor of Pharmacy (PharmD)
Social Worker (MSSW, CSW)
Faculty Psychologist (PhD)
Welcome to the Geriatric Evaluation Treatment Program:

Our comprehensive evaluation takes place in the following three steps:
1. Completion of information forms
2. Scheduling of appointment
3. Office visit(s) – initial and follow up

Step 1: Gathering Information
Please complete the following forms and return them to us. We cannot schedule an appointment until we receive and review all of them.
1. Geriatric questionnaire: To be completed by the patient, family member or caregiver
2. Authorization to release medical information form: sign this form and send a copy to all physicians and hospitals used within the past ten years. They will send the records back to you.
3. Once you have completed 1 and 2, send the packet back to us. We will then contact you to schedule an appointment.

Step 2: Scheduling the Evaluation
After we receive the above material, we will call to schedule an appointment. At least one family member or caregiver must accompany the person being evaluated. Parking is available across the street from the Health Care Outpatient Center, at the Health Care Outpatient Care Center Parking Garage (414 Chestnut Street.)

Step 3: Office Visits
Please bring with you:
- Medicare and/or other insurance cards
- All prescription and non-prescription medications, even those not taken on a regular basis
- Eyeglasses, if needed
- Hearing aid(s), if needed

Evaluation Process:
1. The geriatrician will discuss the presenting problem, review your records, discuss your medical history and perform a physical examination.
2. The gerontologist will perform a memory evaluation and discuss caregiver issues.
3. The geriatrician may schedule laboratory and other tests.
4. Depending on the results of the evaluation, the patient may need to return for a follow-up visit.
Geriatric Evaluation and Treatment Unit

BASELINE ASSESSMENT INFORMATION

PATIENT/CAREGIVER SECTION

Patient Name ________________________________________________________________

Age / Date of Birth __________________________

Address ________________________________________________________________

Telephone __________________________

Marital Status:  ☐ Married  ☐ Single  ☐ Widowed  ☐ Divorced

Place of birth __________________________

Living Situation:

☐ In own home, alone
☐ In housing for elderly
☐ With spouse
☐ Own a gun
☐ With caregiver
☐ Keep gun loaded
☐ Assisted living facility

Education __________________________

Primary occupation(s) ________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

Reason for retirement and age at retirement (if retired) _____________________________

___________________________________________________________________________

___________________________________________________________________________

Interests / hobbies __________________________

___________________________________________________________________________

___________________________________________________________________________

Religion __________________________

Military Service:  ☐ Yes  ☐ No  If yes, branch: __________________________

Do you have a Living Will?  ☐ Yes  ☐ No

Do you have a Durable Power of Attorney?  ☐ No

☐ Yes, name __________________________

Do you have a prescription drug plan?  ☐ Yes  ☐ No
What problem(s) do you want to have evaluated?

1. _____________________________________________________________________________________
2. _____________________________________________________________________________________
3. _____________________________________________________________________________________

What do you want to accomplish by the end of the evaluation?

_______________________________________________________________________________
_______________________________________________________________________________

Who is your primary care physician?

_______________________________________________________________________________
_______________________________________________________________________________

What has your physician said to you about your problem?

_______________________________________________________________________________
_______________________________________________________________________________

Is your physician aware of your request for evaluation at this office?  ☐ Yes  ☐ No

Primary Caregiver’s name(s):

_______________________________________________________________________________

Relation to patient ___________________________________________________________________

How long have you been providing care? _____________________________________________

What do you, as caregiver, want to accomplish by the end of this evaluation?

_______________________________________________________________________________
_______________________________________________________________________________
_______________________________________________________________________________
_______________________________________________________________________________

On a scale of 1 to 5 (with 5 being the most intense), how much burden are you feeling regarding your caregiving?   1  2  3  4  5

How did you hear of the UofL Geriatric Evaluation and Treatment Unit?

_______________________________________________________________________________
_______________________________________________________________________________
_______________________________________________________________________________
_______________________________________________________________________________
**Significant Life Events**

What do you consider to be the most important or memorable events in your life? Please list everything that has affected your life whether it is good or bad. Make sure to include important dates: births, deaths, marriages, divorces, relocations, disabling illnesses, significant accomplishments, times of severe stress, etc.

**Birth to 12**

_____________________________________________________________________________
_____________________________________________________________________________

**Age 13 – 21**

_____________________________________________________________________________

**Age 22 – 45**

_____________________________________________________________________________
_____________________________________________________________________________

**Age 46 – 65**

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

**Age 66 – 75**

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

**Age 75 – present**

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
Medical History
We hope to get to know your medical history in order to serve you better. Please complete this form to the best of your ability. Feel free to add any information that you think would be beneficial in treating you as a patient.

Past Medical History
History of Surgeries
__________________________________________________________________________  _____________
__________________________________________________________________________  _____________
__________________________________________________________________________  _____________
__________________________________________________________________________  _____________
__________________________________________________________________________  _____________

Other Hospitalizations
__________________________________________________________________________  _____________
__________________________________________________________________________  _____________
__________________________________________________________________________  _____________
__________________________________________________________________________  _____________
__________________________________________________________________________  _____________

Blood Transfusions
__________________________________________________________________________  _____________

Present Medications (including over the counter and herbal)
Medicine and Dosage  How Often?  Prescribing Doctor
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
General History
Date of last visit to the doctor: ___ / ___ / ___
Date of last pap smear: ___ / ___ / ___
Date of last mammogram: ___ / ___ / ___
Date of last rectal/prostate exam: ___ / ___ / ___
Date of last tetanus shot: ___ / ___ / ___
Date of last flu shot: ___ / ___ / ___
Date of last pneumonia shot: ___ / ___ / ___
Date of last TB skin test: ___ / ___ / ___
Are you sexually active?  □ Yes  □ No

Health Habits (check all that apply)
Do you drink alcohol?  □ Yes  □ No  If yes, how much? _________ and how often? _________
Do you use tobacco?  □ Yes  □ No  If yes, how much? _________ and how often? _________
Do you drink coffee?  □ Yes  □ No  If yes, how much? _________ and how often? _________
Do you exercise?  □ Yes  □ No  If yes, how often? _________ and how long? _________

OB/GYN History
Number of pregnancies _________
Number of miscarriages _________
Age menstrual cycle began _________
Age menstrual cycle ended _________
Have you had a hysterectomy?  □ Yes  □ No  If yes, what year? _________
Were your ovaries removed?  □ Yes  □ No
Have you ever taken hormones?  □ Yes  □ No

Functions
Have you ever had trouble with any of the following? (check all that apply)

□ Eating  □ Control of your bladder
□ Cooking  □ Shopping
□ Moving/walking  □ Driving
□ Toileting  □ Managing money
□ Dressing  □ Taking medications
□ Bathing  □ Housekeeping
□ Using the telephone
## Family History

<table>
<thead>
<tr>
<th>ALIVE</th>
<th>DECEASED</th>
<th>Age at Death</th>
<th>Major health Problems/Cause of Death</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
<tr>
<td><strong>Father</strong></td>
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<td></td>
</tr>
<tr>
<td><strong>Mother</strong></td>
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<td></td>
</tr>
<tr>
<td><strong>Brothers</strong></td>
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<tr>
<td><strong>Sisters</strong></td>
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<tr>
<td><strong>Sons</strong></td>
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<td></td>
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<td></td>
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<tr>
<td><strong>Daughters</strong></td>
<td></td>
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</tbody>
</table>

Is there a family history of dementia?  □ No  □ Yes
If yes, who? ____________________________________________________
Activities of Daily Living Scale (IADL)

M.P. Lawton – E.M. Brody

<table>
<thead>
<tr>
<th>Section</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A. Ability to use Telephone</strong></td>
<td>1. Operates telephone on own initiative - looks up and dials numbers, etc.</td>
</tr>
<tr>
<td></td>
<td>2. Dials a few well-known numbers.... 1</td>
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<tr>
<td></td>
<td>3. Answers telephone but does not dial... 1</td>
</tr>
<tr>
<td></td>
<td>4. Does not use telephone at all... 0</td>
</tr>
<tr>
<td><strong>B. Shopping</strong></td>
<td>1. Takes care of all shopping needs ... independently 1</td>
</tr>
<tr>
<td></td>
<td>2. Shops independently for small purchases... 0</td>
</tr>
<tr>
<td></td>
<td>3. Needs to be accompanied on any ... shopping trip 0</td>
</tr>
<tr>
<td></td>
<td>4. Completely unable to shop... 0</td>
</tr>
<tr>
<td><strong>C. Food Preparation</strong></td>
<td>1. Plans, prepares and serves adequate ... Meals independently 1</td>
</tr>
<tr>
<td></td>
<td>2. Prepares adequate meals if supplied... 0</td>
</tr>
<tr>
<td></td>
<td>3. Heats, serves and prepares meals, ... or prepares meals but does not maintain adequate diet. 0</td>
</tr>
<tr>
<td></td>
<td>4. Needs to have meals prepared and served... 0</td>
</tr>
<tr>
<td><strong>D. Housekeeping</strong></td>
<td>1. Maintains house alone or with occasional... 0</td>
</tr>
<tr>
<td></td>
<td>2. Performs light daily tasks such as ... dishwashing, bedmaking. 1</td>
</tr>
<tr>
<td></td>
<td>3. Performs light daily tasks but cannot... maintain acceptable level of cleanliness. 1</td>
</tr>
<tr>
<td></td>
<td>4. Needs help with all home maintenance... 1</td>
</tr>
<tr>
<td><strong>E. Laundry</strong></td>
<td>1. Does personal laundry completely ... 1</td>
</tr>
<tr>
<td></td>
<td>2. Launders small items, rinses stockings etc... 1</td>
</tr>
<tr>
<td></td>
<td>3. All laundry must be done by others ... 0</td>
</tr>
<tr>
<td><strong>F. Mode of Transportation</strong></td>
<td>1. Travels independently on public transportation or drives own car. 1</td>
</tr>
<tr>
<td></td>
<td>2. Arranges own travel via taxi, but does not... otherwise use public transportation. 1</td>
</tr>
<tr>
<td></td>
<td>3. Travels on public transportation when ... accompanied by another. 1</td>
</tr>
<tr>
<td></td>
<td>4. Travel limited to taxi or automobile with ... with assistance of another. 0</td>
</tr>
<tr>
<td></td>
<td>5. Does not travel at all ... 0</td>
</tr>
<tr>
<td><strong>G. Responsibility for own Medications</strong></td>
<td>1. Is responsible for taking medication ... in correct dosages at correct time. 1</td>
</tr>
<tr>
<td></td>
<td>2. Takes responsibility if medication is ... prepared in advance in separate dosage. 0</td>
</tr>
<tr>
<td></td>
<td>3. Is not capable of dispensing own ... medication. 0</td>
</tr>
<tr>
<td><strong>H. Ability to Handle Finances</strong></td>
<td>1. Manages financial matters independently... (budgets, writes checks, pays rent, bills, goes to bank), collects and keeps track of income. 1</td>
</tr>
<tr>
<td></td>
<td>2. Manages day-to-day purchases, but needs... Help with banking, major purchases, etc. 1</td>
</tr>
<tr>
<td></td>
<td>3. Incapable of handling money ... 0</td>
</tr>
</tbody>
</table>
## Physical Self-Maintenance Scale

### A. Toilet
1. Cares for self at toilet completely, ... 1 no incontinence.
2. Needs to be reminded, or needs help in ... 0 cleaning self, or has rare (weekly at most) accidents.
3. Soiling or wetting while asleep more ... 0 than once a week.
4. Soiling or wetting while awake more ... 0 than once a week.
5. No control of bowels or bladder... 0

### B. Feeding
1. Eats without assistance.... 1
2. Eats with minor assistance at meal- ... 0 times and/or with special preparation of food or help in cleaning up after meals.
3. Feeds self with moderate assistance ... 0 and is untidy.
4. Requires extensive assistance for all ... 0 meals.
5. Does not feed self at all and resists ... 0 efforts of others to feed him.

### C. Dressing
1. Dresses, undresses and selects ... 1 clothes from own wardrobe.
2. Dresses and undresses self, with minor ... 0 assistance.
3. Needs moderate assistance in dressing ... 0 or selection of clothes.
4. Needs major assistance in dressing ... 0 but cooperates with efforts of others to help.
5. Completely unable to dress self and ... 0 resists efforts of others to help.

### D. Grooming
(Neatness, hair, nails, hands, face, clothing)
1. Always neatly dressed, well groomed, ... 1 without assistance.
2. Grooms self adequately with occasional ... 0 minor assistance, e.g., shaving.
3. Needs moderate and regular assistance ... 0 or supervision in grooming.
4. Needs total grooming care, but can ... 0 remain well-groomed after help from others.
5. Actively negates all efforts of others ... 0 to maintain grooming.

### E. Physical Ambulation
1. Goes about grounds or city ... 1
2. Ambulates within residence or about ... 0 one block distance.
3. Ambulates with assistance of ... 0 (check one)
   - cane
   - walker
   - wheel chair
   1 _____ Gets in and out without help
   2 _____ Needs help getting in and out
4. Sits unsupported in chair or wheelchair ... 0 but cannot propel self without help.
5. Bedridden more than half the time.... 0

### F. Bathing
1. Bathes self (tub, shower, sponge bath) ... 1 without help.
2. Bathes self with help in getting in and ... 0 out of tub.
3. Washes face and hands only, but cannot... 0 bathe rest of body.
4. Does not wash self but is cooperative... 0 with those who bathe him.
5. Does not wash self and resists efforts ... 0 to keep him clean.
Neuropsychiatric Inventory Questionnaire

Patient ________________________________________________ Date ______________________
Informant: □ Spouse □ Child □ Other ________________________________

Please answer the following questions based on changes that have occurred since the patient first began to experience memory problems. Circle “yes” only if the symptom has been present in the past month. Otherwise, circle “no”. For each item marked “yes”: Rate the severity of the symptom (how it affects the patient):
1 = Mild (noticeable, but not significant)
2 = Moderate (significant, but not a dramatic change)
3 = Severe (very prominent; a dramatic change)

Rate the distress you experience because of that symptom (how it affects you):
0 = Not distressing at all
1 = Minimal (slightly distressing, not a problem to cope with)
2 = Mild (not very distressing, generally easy to cope with)
3 = Moderate (fairly distressing, not always easy to cope with)
4 = Severe (very distressing, difficult to cope with)
5 = Extreme/very severe (extremely distressing, unable to cope with)

Delusions ……
Does the patient believe that others are stealing from him or her, or planning to harm him or her in some way?
☐ Yes ☐ No
Severity: □ 1 □ 2 □ 3
Distress: □ 1 □ 2 □ 3 □ 4 □ 5

Hallucinations ……
Does the patient act as if he or she hears voices? Does he or she talk to people who are not there?
☐ Yes ☐ No
Severity: □ 1 □ 2 □ 3
Distress: □ 1 □ 2 □ 3 □ 4 □ 5

Agitation / Aggression ….
Is the patient stubborn and resistive to help?
☐ Yes ☐ No
Severity: □ 1 □ 2 □ 3
Distress: □ 1 □ 2 □ 3 □ 4 □ 5

Depression / Dysphoria ….
Does the patient act as if he or she is sad or in low spirits? Does he or she cry?
☐ Yes ☐ No
Severity: □ 1 □ 2 □ 3
Distress: □ 1 □ 2 □ 3 □ 4 □ 5

Anxiety …………..
Does the patient become upset when separated from you? Does he or she have any other signs of nervousness, such as shortness of breath, sighing, being unable to relax or feeling excessively tense?
☐ Yes ☐ No
Severity: □ 1 □ 2 □ 3
Distress: □ 1 □ 2 □ 3 □ 4 □ 5

Elation or Euphoria…..
Does the patient appear to feel too good or act excessively happy?
☐ Yes ☐ No
Severity: □ 1 □ 2 □ 3
Distress: □ 1 □ 2 □ 3 □ 4 □ 5

Apathy or Indifference …
Does the patient seem less interested in his or her usual activities and in the activities and plans of others?
☐ Yes ☐ No
Severity: □ 1 □ 2 □ 3
Distress: □ 1 □ 2 □ 3 □ 4 □ 5
**Neuropsychiatric Inventory Questionnaire** *(continued)*

<table>
<thead>
<tr>
<th>Section</th>
<th>Description</th>
<th>Yes</th>
<th>No</th>
<th>Severity: 1 2 3</th>
<th>Distress: 1 2 3 4 5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Disinhibition</strong></td>
<td>Does the patient seem to act impulsively? For example, does the patient talk to strangers as if he or she knows them, or does the patient say things that may hurt people’s feelings?</td>
<td>Yes</td>
<td>No</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Irritability or Lability</strong></td>
<td>Is the patient impatient or cranky? Does he or she have difficulty coping with delays or waiting for planned activities?</td>
<td>Yes</td>
<td>No</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Motor Disturbance</strong></td>
<td>Does the patient engage in repetitive activities, such as pacing around the house, handling buttons, wrapping string or doing other things repeatedly?</td>
<td>Yes</td>
<td>No</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Nighttime Behaviors</strong></td>
<td>Does the patient awaken you during the night, rise too early in the morning or take excessive naps during the day?</td>
<td>Yes</td>
<td>No</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Appetite and Eating</strong></td>
<td>Has the patient lost or gained weight, or had a change in the food he or she likes?</td>
<td>Yes</td>
<td>No</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Figure 3. Neuropsychiatric Inventory Questionnaire. This tool provides a reliable assessment of behaviors commonly observed in patients with dementia.

Revised 01.24.13/pdh
Dear Patient or Family Member, we are asking for some information about your family and your living situation in an effort to better serve your needs. This information will be kept confidential unless you authorize us to share it with other agencies. It will become a part of your medical record.

☐ I choose not to complete this form today.  ______________________________________________  

Patient Signature  Date

Names of immediate family members

_____________________________________  ______________________________________________

_____________________________________  ______________________________________________

_____________________________________  ______________________________________________

_____________________________________  ______________________________________________

_____________________________________  ______________________________________________

_____________________________________  ______________________________________________

_____________________________________  ______________________________________________

_____________________________________  ______________________________________________

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_____________________________________  ______________________________________________

_____________________________________  ______________________________________________

_____________________________________  ______________________________________________

_____________________________________  ______________________________________________

_____________________________________  ______________________________________________

_____________________________________  ______________________________________________

_____________________________________  ______________________________________________

Please answer the following questions, skip any you prefer not to answer.

1. Are there problems with your current living conditions?  ☐ Yes  ☐ No
2. Do people living with you have serious medical or emotional problems?  ☐ Yes  ☐ No
3. Have you experienced any major family problems in the last year?  ☐ Yes  ☐ No
4. Do your work and health interfere with each other?  ☐ Yes  ☐ No
5. Are you having problems with medical bills?  ☐ Yes  ☐ No
6. Are you having problems paying for medications?  ☐ Yes  ☐ No
7. Are you having trouble with transportation to your clinic appointments?  ☐ Yes  ☐ No
8. Do you speak, hear and understand English well?  ☐ Yes  ☐ No
Adult Social Assessment (continued)

9. Do you have trouble walking or getting around? □ Yes □ No

10. Any current jobs? _______________________________ How long? ______________

11. Number of people living in your home. ________________ Adults _____________ Children

Comments __________________________________________________________________________
____________________________________________________________________________________

Would you like some information or a referral to a social worker/agency regarding any of the concerns identified above? □ Yes □ No

_________________________________________  ______________________________
Date                                              Patient Signature

□ Patient unable to write

Signature of Staff Member _______________________________

_________________________________________  Reviewed by ______________________________
Date                                              Staff Provider

Comments / Action ______________________________________________________________________
________________________________________________________________________________________
Nutrition Screening Form

Today’s date: ____________________

Name_______________________________________________________ DOB_________ Age ________
Height _____ ft. _____ in.  Weight _____ lbs.  BMI______  Frame size:  Small  Medium  Large

What do you consider your best weight? __________  (Your adult highest weight _____ lowest weight______)

What did you weigh a year ago? ________  * Weight gain/loss in past year  - _____  +______

How often do you skip meals? (Go longer than 6 hour between meals?) □ 3 - 4 times/week  □ 1 time/week  □ rarely

What are your usual eating times? Breakfast _______ am/pm, Lunch ______ am/pm, Dinner ______ pm, Snacks? ________

1. How many times a week do you eat fast food meals or snacks?
   □ 4 times or more  □ 1 to 3 times  □ rarely

2. How many servings of fruits or vegetables do you eat each day?
   □ 2 servings or less  □ 3 to 4 servings  □ 5 servings or more

3. How many regular (not diet) soft drinks, or glasses of Kool-Aid, punch, fruit drinks, or sweet tea do you drink each day?
   □ 3 servings or more  □ 1 to 2 servings  □ rarely

4. How many times a week do you eat chicken, fish, or beans (like pinto or black beans)?
   □ rarely  □ 1 to 2 times  □ 3 times or more

5. How many times a week do you eat snack chips or crackers?
   □ 4 times or more  □ 2 to 3 times  □ 1 time or less

6. How many times a week do you eat desserts and other sweets?
   □ 5 times or more  □ 3 to 4 times  □ 2 times or less

7. How much margarine or meat fat do you use to add flavor to vegetables, potatoes, bread, or corn?
   □ a fair amount  □ some  □ not much

Do you take multiple vitamin / mineral supplements?  Yes____  No____  If yes, what brand? _____________________________

_______________________________________________________________________________________________________

Do you take herbal supplements?  Yes____  No____  If yes, what kind? _____________________________________________

_______________________________________________________________________________________________________

_______________________________________________________________________________________________________
Nutrition Screening Form (continued)

EATING RECORD – Date: ______________________

<table>
<thead>
<tr>
<th>Time</th>
<th>Food</th>
<th>Amount</th>
<th>Time</th>
<th>Food</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 am – 6 pm</td>
<td></td>
<td></td>
<td>6 pm – 6 am</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please write down everything you ate and drank yesterday in the boxes below:
Patient Name __________________________________________________ Date __________________

Caregiver Name ______________________________________ Phone __________________________

Relationship to Patient ____________________________________

Quality care for older adults is best provided when there is a working partnership between the patient’s physician and the caregiver. As caregiver, you are the best observer of changes in the patient which the physician needs to know about – especially, any gradual or sudden changes in the person’s normal abilities, behavior, memory or mood.

Please help me gather more information about the patient by answering the following questions:

What was the first change (from the person’s “usual self”) you noticed in any of these areas?

1) Memory, 2) behavior, 3) mood or emotional state, 4) ability to function independently, 5) ability to care for him/herself and her living environment, and/or 6) ability to work or engage in hobbies and interests.

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

When did this occur? ___________________________________________________________________

Here is a list of problems you may have noticed. For each problem the person has, please indicate, in years or months, approximately how long it has been occurring. Include additional comments you would like to make.

**Self-Care Activities**

<table>
<thead>
<tr>
<th>Does he/she have any difficulties with:</th>
<th>About how long?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Control of bowel and/or bladder</td>
<td>Years Months</td>
</tr>
<tr>
<td>Using the toilet alone</td>
<td></td>
</tr>
<tr>
<td>Dressing</td>
<td></td>
</tr>
<tr>
<td>Eating</td>
<td></td>
</tr>
<tr>
<td>Walking around the house without help</td>
<td></td>
</tr>
<tr>
<td>Walking any distance outside of home</td>
<td></td>
</tr>
<tr>
<td>Grooming</td>
<td></td>
</tr>
<tr>
<td>Using telephone to call others</td>
<td></td>
</tr>
<tr>
<td>Doing housecleaning chores</td>
<td></td>
</tr>
<tr>
<td>Doing laundry</td>
<td></td>
</tr>
<tr>
<td>Shopping for food and routine items</td>
<td></td>
</tr>
<tr>
<td>Preparing meals/using stove</td>
<td></td>
</tr>
<tr>
<td>Taking medicine correctly</td>
<td></td>
</tr>
</tbody>
</table>

About how long?

(Insert numbers for years and months)
### Self-Care Activities (continued)

<table>
<thead>
<tr>
<th>Activity</th>
<th>About how long?</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Driving (if not driving, when did he/she stop?)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Paying bills and handling finances</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spending money appropriately</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Getting out of the house and socializing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Using some form of transportation to get to a desired location</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Performing usual hobbies, work and/or volunteer activities</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Keeping the house and/or yard reasonably clean</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Keeping the house and yard free from clutter</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Self-neglect of any kind</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Are these symptoms gradually getting worse?*

---

### Memory/Thinking/Reasoning Abilities

<table>
<thead>
<tr>
<th>Category</th>
<th>About how long?</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Are there any problems remembering?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Things he/she has been told in the previous 5 – 10 minutes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Events of the past week or month</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Events long past (more than one year)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Names of friends</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Names of close family members</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Words he/she wants to say</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The current season, year, month or day of the week</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appointments or scheduled events</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How to do things he/she used to know how to do, such as how to use a</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>sewing machine or drive a car</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Where he/she lives</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Where he/she is in his/her own house</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Personal events (things that have happened during his/her lifetime,</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>especially long ago)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Where he/she puts things</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>What he/she is doing or talking about (repeats self)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>To secure home/car when vacated, to turn off stove, etc.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Making reasonable, sound decisions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understanding what he/she is told</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understanding what he/she has read</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Concentrating or paying attention well</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Having a conversation with you</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Following the &quot;story line&quot; while watching TV</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Are these symptoms gradually getting worse?*
Behavior

*Does the person have any of these difficulties?*

<table>
<thead>
<tr>
<th>Difficulty</th>
<th>Years</th>
<th>Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Has trouble getting started on activities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Has withdrawn from one or more usual and enjoyed activities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Has become lost in a familiar area</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wanders aimlessly, especially at night</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Becomes restless or agitated, especially in the evening</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strikes out at your or others or becomes combative</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dresses inappropriately</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Uses too much alcohol</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Has greater than usual difficulty getting along with friends, relatives or others</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Takes medicines inappropriately – too much/little, buys own remedies or trades with others</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accuses others of stealing or doing something “bad” to him/her</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spends long hours in bed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bathes too infrequently</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sleeps frequently during the day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Has interrupted sleep pattern</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Awakens early and cannot get back to sleep</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Has shown a change in handwriting</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Refuses to eat nutritious food/meals</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Engages in reckless or dangerous behavior</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hoards objects/animals, papers, etc.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does anything not consistent with typical behavior – what?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Are these symptoms gradually getting worse?

--

Mood

*Does the person show:*

<table>
<thead>
<tr>
<th>Mood</th>
<th>Years</th>
<th>Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suspiciousness/mistrust of others</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unusual lack of concern about herself/himself or others, and/or events</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loss of interest in usual concerns, activities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Worry, anxiety or nervousness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anger</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hallucinations – seeing, hearing, feeling or smelling things that are not there</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Frequent and sudden mood changes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inappropriate laughing or crying</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sadness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>States he/she wishes he/she were dead or talks about suicide</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Preoccupation with self</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Are these symptoms gradually getting worse?

--
Describe how the person spends a typical day:

1. What is his/her rising time? __________________________________________________________________________

2. What does he/she do during each of the following times?
   a. Morning hours: ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   b. Afternoon hours: _____________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   c. Evening hours: ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________

3. What is his/her usual bed time? _________________________________________________________________________

Other

Has the patient been taking medications from physicians other than myself?
☐ Yes  ☐ No     If yes, please list below:
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________

Please list any over-the-counter or borrowed medicines that the patient is taking:
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________

Does the person have access to firearms?  ☐ Yes  ☐ No
Is there a gun in the house?  ☐ Yes  ☐ No
How SAFE do you think the patient is in his/her current living situation?
____________________________________________________________________________________________
____________________________________________________________________________________________

Caregiver Wellbeing

I am interested in your health and well-being also!

How has caregiving affected the quality of your life?
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________

What else can I or my staff do to assist you in your care of this person?
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
Caregiver Wellbeing (continued)

Do you need additional help caring for the patient?
______________________________________________________________________________
______________________________________________________________________________

Do you need information about community resources (adult day care, support groups, nursing homes, etc.?)
______________________________________________________________________________
______________________________________________________________________________

Additional comments:
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Caretaker Resource and Burden

1. Where do you care for the patient? Own Rent
   □ Patient’s home □ □
   □ Caretaker’s home □ □
   □ Other (specify) __________________________________________ □ □

2. Number of people living in household, ages and relationship
______________________________________________________________________________
______________________________________________________________________________

3. What is your current status and other regular activities outside the home?
______________________________________________________________________________
______________________________________________________________________________

4. How have these activities changed as a result of caring for this patient?
______________________________________________________________________________
______________________________________________________________________________

5. Which patient behaviors are difficult to manage? Yes No
   □ Abusive behavior □ □
   □ Wandering □ □
   □ Incontinence □ □
   □ Sleeplessness □ □
   □ Other (specify) □ □

6. How much time per week do you spend on patient care? _______________________________________

7. Specify regular assistance you receive in caregiving and/or financial support:
______________________________________________________________________________
______________________________________________________________________________
8. Specify types of care the patient requires:

______________________________________________________________________________

______________________________________________________________________________

9. How much does this care cost you? ________________________________________________

______________________________________________________________________________

10. Do you currently use:  Yes  No
    □ Adult day care
    □ In-home respite care
    □ Chore service
    □ Inpatient respite care
    □ Other in-home services _________________________________________________________

11. When and how long was your most recent vacation or sustained period of respite? ____________

______________________________________________________________________________

12. What future plans do you foresee for the patient?

______________________________________________________________________________

13. How do you feel about institutional care for the patient is the need arises?

______________________________________________________________________________

14. Do you feel that you have adequate finances and services to care for this patient? If not, what would help?

______________________________________________________________________________

______________________________________________________________________________

15. What is the status of your health?

______________________________________________________________________________

______________________________________________________________________________

Please check the appropriate box, based on the patient’s feelings and behavior during the past two weeks:

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1. Does the patient feel a deep sense of depression, sadness or hopelessness most of the day?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Have they experienced diminished interest in most activities?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. Have they experienced significant appetite or weight changes when not dieting?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4. Have they experienced a significant change in sleeping patterns?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5. Do they feel unusually restless or sluggish?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6. Do they feel unduly fatigued?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7. Do they experience persistent feelings of hopelessness or inappropriate feelings of guilt?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>8. Have they experienced a diminished ability to think or concentrate?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9. Do they have recurrent thoughts of death or suicide?</td>
</tr>
</tbody>
</table>