



Sometimes I need *Help*, but I'm not sure where to turn.
What should I do?

We all need help at times. But we may not know what kind of help we need or where to find it. That's where Tabitha comes in. We are your answer for Elder Care.

Perhaps you're a senior in need of an occasional helping hand around the house or regular assistance with daily living tasks. Maybe you're a caregiver who needs help with medical care or just some time off.

Whatever your needs, Tabitha offers a broad continuum of services designed to meet the changing needs of Elders and their families.

Tabitha. Your answer for Elder Care.

Where are you in your life *Journey?*

This short survey is designed to help you identify areas where you might benefit from some support.

Think about the following statements and circle your answer.

1. I live at home. Occasionally I would like help with household chores, transportation or medication reminders.

Yes No

2. I would feel comforted knowing that someone is checking in on me on a daily basis.

Yes No

3. I like my independent lifestyle, but I don't enjoy or don't keep up with home maintenance.

Yes No

4. I would eat better if someone else was doing the cooking.

Yes No

5. Sometimes I need help dressing or getting in and out of bed.

Yes No

If you answered **yes** to any of these questions, Tabitha offers services that may help you **live independently longer**.



6. I would enjoy more companionship or activities with others.

Yes No

7. Caring for my home has become a difficult or a burden.

Yes No

8. I sometimes need help to bathe or in the bathroom.

Yes No

9. Sometimes I have trouble walking or getting around.

Yes No

10. I have a medical condition that requires daily care or supervision.

Yes No

Any **yes** answers? You might enjoy a **Tabitha Living Community**.

11. Sometimes I forget things like what month it is, the president's name or the name of my favorite store.

Yes No

12. I can become confused or lost when walking or driving.

Yes No

13. My children are concerned about me being home alone.

Yes No

14. I can't remember if recently I've showered, eaten a meal or changed into clean clothes.

Yes No

15. I can be confused when trying to use my television or other household appliances.

Yes No

If you answered **yes** answers to any of these questions, you may be interested in **Tabitha's memory care options**.

16. I'm planning on having a knee, hip or other joint replaced.

Yes No

17. I've recently had a major surgery or joint replacement.

Yes No

18. I sometimes have trouble walking, talking or feeding myself.

Yes No

19. I recently have had a small stroke that impairs my physical or verbal ability.

Yes No

Any **yes** answers? You should consider **Tabitha Rehabilitation Services**.



20. My doctor says I have a life-limiting illness or disease.

Yes No

21. I am frequently in the hospital and require special care when I am not.

Yes No

22. I have lost more than 10% of my normal weight in the past six months.

Yes No

Yes? It may be time to think about **Tabitha's palliative care or hospice services**.

WHEN YOU HAVE QUESTIONS ABOUT ELDER CARE,
Tabitha is the answer.



WORKING TOGETHER

You, your family and your Tabitha case manager can work together to develop an individualized care plan that best fits your current situation and look ahead to evaluate your future needs.

Please call us to set up a no-obligation meeting to review your needs. [Tabitha 402.486.8520](tel:402.486.8520)

Bring this completed survey with you to your meeting. It will help get the planning process started.



TABITHA