

SELF-CARE SCALE

Self-neglect is defined by the National Adult Protective Services Association as the result of an adult’s inability due to physical and/or mental impairments or diminished capacity to perform essential self-care tasks including: providing essential food, clothing, shelter, and medical care; obtaining goods and services necessary to maintain health, well-being and general safety; and/or managing financial affairs.

This chart is a scale based on **10 =Robust Wellness** and **1 =Unable to Self-Preserve**, with gradations in between.

#	Nutrition	Social Supports	Sleep	Hygiene Clothing	Family Friends	Medical Care	Housing	Mental Health	Risk Taking	Mental Status	Exercise	Finances
10)	Wholesome every day	Positive, available	Rested daily	Takes pride in appearance	Positive and numerous	Routine care, compliant	Excellent condition	Positive, insightful balanced	Prepares and/or avoids	Able to make/act on decisions	Daily active routines	Bills current, adequate assets
9)												
8)	Skips some meals		Restless nights				Needs repairs					
7)		Reluctant to ask for help		Careless sloppy	Many losses	Does not always follow plan of care		Moody, often upset	Likes to speed reckless	Forgets at times	Plans to do better	Unable to save, losing assets
6)	Prefers junk food		Sleepy during the day				Free of hazards but cluttered					
5)	Medically non-compliant	Refusal to use help		Inappropriate to the season	No local family or close friends	Skips doses most of the time		Stubborn, fearful	Addictive habits	Repeats most statements	Negative impact on health	Vulnerable to exploitation
4)	Skips most meals		Requires naps				Hazardous, numerous violations	Withdrawn, suspicious	Leaves doors unlocked	Disoriented		Bills overdue
3)	Severe weight change	Negative, “undue influence” by others	Chronic insomnia	Dirty, odor	“I am only one left,” few contacts	“No-show” at doctor appointments	Refuses to fix	Out of control	Does not recognize risk	Cannot plan	Cannot complete normal activities	Assets lost
2)												Checkbook in total disarray
1)	Malnourished Dehydrated	None	Severe fatigue	Deplorable, filthy, soiled	Isolated, alone	Refuses	Demolition planned	Psychotic	In danger	Severe dementia	Bedbound	Shutoffs Eviction

--	--	--	--	--	--	--	--	--	--	--	--	--	--