

CareScout®

# Care Plan

Evaluation report and care guide  
for **Eleanor Smith**



June 26, 2025

Dear Eleanor

Congratulations! Taking the step to create a Care Plan is a big deal — it means you're ready to make your aging journey the best it can be. Based solely on the information you gave us during your care evaluation, we now have personalized recommendations to help you create a more fulfilling aging experience. Here is a quick summary of our findings, and you'll find more details on the following pages.



We determined that you may need assistance with the following:

- **Mobility**
- **Bathing / Toileting**
- **Dressing / Grooming**
- **Day-night transition**
- **Housekeeping and laundry**
- **Property maintenance**
- **Transportation and coordination**



Assistance can be provided by family and/or a:

- **Home Care Provider:** 4 hours per day, 5x per week (roughly \$35/hour | \$700/week)
- **Companion Care Provider:** 3 hours per day, 3x per week (roughly \$30/hour | \$270/week)
- **Homemaker Care Provider:** 3 hours per day, 3x per week (roughly \$28/hour | \$252/week)



Based on the results of your Mental Status Questionnaire (MSQ) (see page 5), consider consulting with your doctor regarding memory care.



Recommended personal and home care equipment (see pages 5 & 6):

- **Medical Alert**
- **Shoehorn**
- **Walker**
- **Grab Bars in Bathroom**
- **Tub Bench**
- **Shower Chair**
- **Elevated Toilet Seat**
- **Grabber / Reacher**

Please remember — the Care Plan is informational and does not constitute medical advice, a medical evaluation, or a determination of eligibility for any insurance claim or government program. Always consult with your doctor about medical concerns or to make a medical plan for your care. You're also under no obligation to take any action or use any service discussed in the Care Plan, however, you may want to share this Care Plan with your medical providers to spark more in-depth conversations. In the meantime, if you have questions about your Care Plan, please don't hesitate to call us at (800) 870-8479.

Warmly,  
The CareScout Team

# Evaluation Summary *As a reminder, your Care Plan is not medical advice.*



## Self-Care

Action recommended

Page 4

You need a bit of help with daily self-care tasks. You shared that you feel physical weakness or occasional unsteadiness which could be affecting your mobility. Using a walker may provide stability and allow you to reach your goal of being more active in and around the home. Additionally, you seemed to have some trouble during the memory recall portion of the evaluation. Ongoing, consistent assistance from a care provider can help manage these needs effectively. Gentle prompts and orientation throughout the day will be reassuring. Assistance is recommended for most activities of daily living (ADLs), such as bathing and dressing, as well as instrumental activities of daily living (IADLs), including housekeeping, laundry, transportation, and more.



## Medical Management

Action recommended

Page 5

It's tough dealing with multiple chronic conditions, and new health issues can be overwhelming. You might be having trouble understanding your prescribed medications or handling them effectively, and memory problems are making things harder. Additional help with your medical needs such as taking notes, using various organization and reminder tools, and/or hiring support can result in better overall management.



## Home Safety

Action recommended

Page 6

There are some common safety concerns when moving around your home. Assistance may be necessary to help you remain safe and maintain your independence. Making thoughtful home modifications could improve both safety and autonomy. Adjusting how tasks are approached can also help preserve your independence.



## Lifestyle & Emotional Health

Page 7

You appear to engage in some social and recreational activities, enjoy personal hobbies, and it's encouraging to see that physical movement is part of your routine. Staying in touch with family—whether through phone calls or visits—contributes positively to your emotional well-being. Having a support system is crucial for all ages. These connections are valuable and help support your overall social health.



## Advance Care Planning

Page 8

You've shown awareness of advance care planning, which is a great first step. Partnering with a financial or legal advisor can help organize your documents and streamline future decisions. This collaboration will be especially helpful in the future. Now is an ideal time to take meaningful steps in planning ahead and ensuring your wishes are clearly documented.



## Caregiver Support

Page 9

## Your evaluation summary

 2/5: Needs frequent help with tasks

1: needs daily support, 5: fully self-sufficient

### Areas that may need focus:

Mobility

Bathing / Toileting

Dressing / Grooming

Day-Night Transition



## Personalized recommendations for you

Based on your evaluation, we have identified areas where you may need additional support. We recommend you discuss these with your care manager to develop a plan to address these needs.



### To address mobility concerns, it may be helpful to:

- 1. Discuss with your care manager the need for a walker or other mobility device.
- 2. Consider a home safety assessment to identify areas where you may need additional support.
- 3. Consider a referral to a physical therapist for a gait and balance assessment.



### To address bathing/toileting concerns, it may be helpful to:

- 1. Discuss with your care manager the need for a shower chair or other bathing device.
- 2. Consider a home safety assessment to identify areas where you may need additional support.
- 3. Consider a referral to a physical therapist for a gait and balance assessment.



### To address dressing/grooming concerns, it may be helpful to:

- 1. Discuss with your care manager the need for a dressing aid or other grooming device.
- 2. Consider a home safety assessment to identify areas where you may need additional support.
- 3. Consider a referral to a physical therapist for a gait and balance assessment.



### To address day-night transition concerns, it may be helpful to:

- 1. Discuss with your care manager the need for a night light or other transition device.
- 2. Consider a home safety assessment to identify areas where you may need additional support.
- 3. Consider a referral to a physical therapist for a gait and balance assessment.



## Your evaluation summary

 **3/5: Minor risks or adjustments needed**

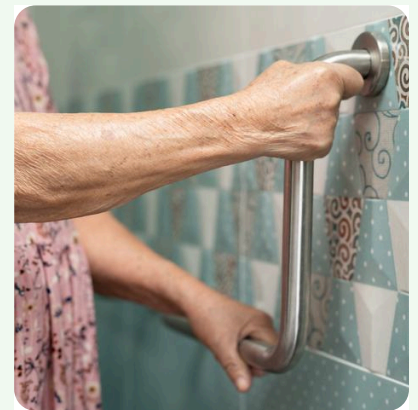
1: home safety concerns, 5: home appears safe, accessible

### Areas that may need focus:

Home modifications

Home organization

Pet-related safety



## Personalized recommendations for you

Based on the information provided, your home appears to be safe and accessible. However, there are a few areas that may need focus to ensure your home is as safe and accessible as possible. These areas are listed below, along with some suggestions for how to address them.



### To address home modification and equipment needs, it may be helpful to:

- 1. Consider installing grab bars in the bathroom and kitchen to provide additional support and stability.
- 2. Consider installing a shower chair or bench to provide additional support and stability.
- 3. Consider installing a toilet seat with a built-in support or a toilet safety frame to provide additional support and stability.
- 4. Consider installing a handrail on the stairs to provide additional support and stability.
- 5. Consider installing a ramp or a set of stairs to provide additional support and stability.
- 6. Consider installing a set of stairs to provide additional support and stability.



### To address home organization concerns, it may be helpful to:


- 1. Consider decluttering your home to reduce the risk of tripping and falling.
- 2. Consider using storage bins or containers to keep items organized and out of the way.
- 3. Consider using a vacuum or mop to keep floors clean and free of debris.
- 4. Consider using a set of stairs to provide additional support and stability.







### To address pet-related safety concerns, it may be helpful to:

- 1. Consider using a leash or collar to keep your pet safe and out of the way.
- 2. Consider using a set of stairs to provide additional support and stability.




## CareScout Quality Network providers are in your area





Some of the providers listed below are part of the CareScout Quality Network, which means they've met CareScout's standards for quality and offer preferred pricing to our members. You are not required to use any service provider listed in your resource pages. The CareScout Quality Network includes home care providers, and are indicated with this banner:  Quality Network Provider



 Quality Network Provider



**Contact**  
  
  

Your CareScout ID gives you access to preferred pricing, reflected in the provider rate(s) here.




**Rate information**  
**Home care aide**  
Weekday rate:   
Weekend rate:   
**Nurse visit rate**  






**Additional details**  
Mileage:   
Deposit:   
Shift Minimum:   
Provider rate(s) based on:  


 Quality Network Provider

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**Additional details**  
Mileage:   
Deposit:   
Shift Minimum:   
Provider rate(s) based on:  




### How to get your preferred rates from our Quality Network Providers:

- 1 Contact care provider above
- 2 Share your CareScout ID C-123456-D50
- 3 Enjoy quality care at preferred pricing rates

Unless noted above, the providers listed in this Care Plan offer services in your area, but availability will depend on your specific circumstances and scheduling needs. The standard rate(s) reflected here are subject to change. Your rates may vary.

If you use your CareScout ID to receive preferred pricing from a provider in our CareScout Quality Network, CareScout will receive compensation from that provider. Providers outside the CareScout Quality Network may provide the same or similar types and quality of services at similar or different price points, but CareScout has not reviewed these providers for inclusion in our CareScout Quality Network. Learn more about our CareScout Quality Network at [www.carescout.com/quality-network](http://www.carescout.com/quality-network).

### Adult day care

Below are adult day care providers that service your area. CareScout has not reviewed the quality of these providers.

Lakeside Village - Memory Care	2021 Inspection Report
	Inspection: 06/17/2021
	06/17/2021
	06/17/2021
Lakeside Village - Adult Day Care Center	2021 Inspection Report
	Inspection: 06/17/2021
	06/17/2021
	06/17/2021

### Assisted living communities

Below are assisted living communities that service your area. CareScout has not reviewed the quality of these providers.

Lakeside Village - Memory Care	2021 Inspection Report
	Inspection: 06/17/2021
	06/17/2021
	06/17/2021
Lakeside Village - Memory Care	2021 Inspection Report
	Inspection: 06/17/2021
	06/17/2021
	06/17/2021
The Lakeside Village - Memory Care	2021 Inspection Report
	Inspection: 06/17/2021
	06/17/2021
	06/17/2021
The Lakeside Village	2021 Inspection Report
	Inspection: 06/17/2021
	06/17/2021
	06/17/2021