

Checklist of Possible Senior Services Needed on Orcas Island

A) Score importance of each service on a scale of 0-9 (where 0 is not needed and 9 is essential) for each of the three stages of aging:

- S1. Healthy, fit, but starting to slow down;
- S2. Reduced abilities, unable to perform some functions, but otherwise capable of caring for oneself;
- S3. Needing assistance for basic functions including personal hygiene, getting out of bed, mobility, etc. Score importance of each service for

B) Then, indicate how you would expect a Senior Assisted Living Facility of some form would help provide this service.

Household Services

Service Needed	Who Provides?	S1	S2	S3
Yard Work	Private Contractor			
Home repair, maintenance and adaptation	Tradesmen			
Household cleaning—routine and heavy				
Linen and personal laundry				
Selecting and scheduling tradesmen				
Utility bills paid				
Security services				

How will a Senior Assisted Living Facility help?

Transportation

Service Needed	Who Provides?	S1	S2	S3
Scheduled transportation, bus service				
Individual and group rides	Senior Center			

How will a Senior Assisted Living Facility help?

Meals and Groceries

Service Needed	Who Provides?	S1	S2	S3
Meal service - # per day/week may vary	Senior Center			
Weekly grocery shopping				
In home cooking				
Home-delivered meals	Senior Center			
Dining groups				

How will a Senior Assisted Living Facility help?

Personal Services

Service Needed	Who Provides?	S1	S2	S3
Run errands				
Bill paying				
Pack boxes, mail parcels, write letters				
Water plants & pick up mail during a vacation				

How will a Senior Assisted Living Facility help?

Social and Cultural Activities

Service Needed	Who Provides?	S1	S2	S3
Staying socially connected				
Social events, potlucks, dances, BINGO				
Entertainment, movies, plays, demonstrations				
Regular trips and events				
Travel adventures for individuals and groups				
Educational seminars, workshops and classes				

How will a Senior Assisted Living Facility help?

Health Services & Health Care

Service Needed	Who Provides?	S1	S2	S3
Health monitoring, medical alert services				
Emergency call monitoring	Fire Department			
Personal care, toilet, dressing assistance				
Assistance with or administering of medications.	Hearts & Hands			
Assistance with medical insurance and bills				
Counseling and mental health care				
Nursing care, especially 24/7				
Emergency medical response				

How will a Senior Assisted Living Facility help?

Wellness Programs

Service Needed	Who Provides?	S1	S2	S3
Physical fitness evaluations				
Special classes at local fitness clubs				
Wellness seminars				

How will a Senior Assisted Living Facility help?

The checklist is on the website at <http://orcasresearch.org/> in Microsoft Word format with change tracking turned on. If you use this software, add additional services, fill in the matrix, and add your opinion as to how you would expect a Senior Assisted Living Facility of some form might help provide better service, provide service at a lower cost, etc.

This is a working document and I expect it to change as we learn more about what we want.

When complete, send to:

Paul Losleben
losleben@rockisland.com
413 Peapod Lane
Olga, WA 98279

I will consolidate those that I receive and post the results on the website.