

Home/Environment Assessment

The space you live in can affect your comfort, organization, stress levels, and relationships. Sometimes making changes in how you use your space can help with aspects of caregiving and wellness such as stress reduction, taking medications regularly, and food preparation.

| | My environment supports this | My environment sometimes supports this | My environment makes ths challenging |
|------------------------------------|------------------------------|--|--------------------------------------|
| Relaxing _____ | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Getting a good night's sleep _____ | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Preparing meals _____ | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Getting to work on time _____ | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Staying organized _____ | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Paying bills on time _____ | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Privacy _____ | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Time with my family _____ | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Time with my friends _____ | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Getting chores done _____ | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Feeling safe _____ | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| "Down time" _____ | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Other: _____ | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Is there a part of your environment would you like to change?