

HEALTH QUESTIONNAIRE FOR PROSPECTIVE MEMBERS 9/23/18

To help you consider Elderberry or any cohousing community, the following questions are for your use only. They are for you to evaluate how well you might fit here or elsewhere. We encourage you to honestly answer these questions, which mostly relate to chronic health conditions, as well as our Checklist questionnaire for prospective members

http://www.elderberrycohousing.com/uploads/1/0/4/0/104044246/self_evaluation.pdf

1. Do you have trouble driving (limited vision, hearing or ability to turn your neck/head)?
2. Are you prone to falling?
3. Do you have chronic health conditions that could require immediate emergency attention (diabetes, seizures, heart conditions, severe allergies, breathing problems, etc.)?
4. Are you without family, close friends or advisors who could take over for you if needed?
5. Do you require food or medications that are only available by traveling to specialized stores or markets more than a half-hour away?
6. Do you smoke tobacco? (Not allowed at Elderberry.)
7. Is your mobility compromised, for example, difficulty on rough surfaces, climbing stairs or walking short distances?
8. Will you need ongoing assistance to make frequent visits to medical practitioners?
9. Are you taking medications, oxygen or other life-supporting measures that must be monitored carefully and taken on a strict schedule?
10. Are you experiencing memory loss or have you had psychological or addiction problems that might make future living in close community or living alone difficult?

11. Are you incapacitated now or likely to be in the future so that you would require assistance in walking, preparing food, dressing, bathing or taking medications?

12. Are you reluctant to make plans (health, medical, financial or legal) in case you might need future assistance?

The questions above are purely for your own consideration. We only want you to consider whether your current health and likely future developments could make it difficult for you to live independently in a rural cohousing community like Elderberry. Though we are caring, concerned folks, we are also busy, active people who cannot provide the professional care that an assisted living community can. There is no magic number of answers above, but if you truthfully answered “yes” to any of these questions, we encourage you to consider whether you would be happier in a continuing care community that has facilities and staff who will be able to help you when you need it.