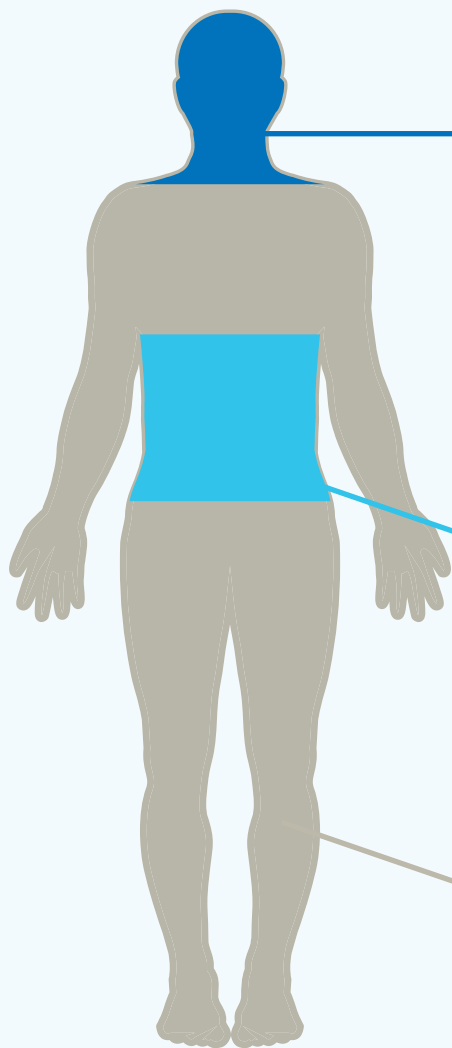


MINI ASSESSMENT: A CHECKLIST FOR CAREGIVERS



MENTAL

- Slow to answer (Ask things like: Can a stone float on water? What day, month and year is it? In what hospital do you get care? Ask short-term questions like: What did you eat yesterday?)
- Anxious (feeling nervous, can't feel calm, constant worry)
- Depressed (tearful, unable to enjoy things that they usually can enjoy)
- Not making connections (may be foggy, cannot answer easy questions or follow verbal cues)
- Having changes in mood, energy levels, physical activity, etc.
- Having disturbed sleep (due to worry or anxiety)

NUTRITIONAL

- Any changes in appetite?
- Any changes in calorie consumption?
- Eating at least 1500 calories
- Drinking at least 8 cups of liquid (water, juice, tea, soup, etc.)

PHYSICAL

- Check body temperature. Use a digital thermometer on forehead, ears or mouth in the morning and at night. Call if it is higher than 100.4° F.
- Look for rashes, swelling, bumps, bruises, lesions or skin color changes from head to toe.
- Look for redness, white patches or lesions in the mouth.
- Check urine output and bowel patterns (do this before shower).
- Has disturbed sleep (due to changes in the body)