

LONELINESS & GRIEF

Self Assessment



These questions are designed for you to reflect and identify possible areas you may like to get support. Answering these questions can help prompt conversations with your primary care provider or other health services about problems that may be concerning you.

Tick all that apply:

- I would like more support with personal cares (e.g. showering, dressing, toileting)

- I would like more support with legal/financial issues (e.g. future planning)

- I would like support for transport (e.g. transport to appointments, social visits, shopping)

- I would like more support to maintain my home (e.g. cleaning, gardening, maintenance)

- I would like more support for loneliness (e.g. someone to talk to, visiting friends/family, making new connections, exploring hobbies)

- I would like more support for grief/depression (e.g. someone to talk to, professional consultation)

