

SELF-ASSESSMENT CHECKLIST

Check your risk score on the back

I live alone.	yes	no
I see or talk to my family members one or more times per week.	no	yes
I see or talk to my friends one or more times per week.	no	yes
I provide daily care or support to a family member or friend who needs assistance with everyday tasks (such as preparing meals, providing transportation and grocery shopping).	yes	no
I generally have a ride or transportation for where I need or want to go.	no	yes
It is difficult or impossible to leave my home without assistance.	yes	no
I feel that I make a meaningful contribution to the world or people around me.	no	yes
On a weekly basis I participate in social activities with family/friends, such as church, cultural performances, group meals, exercise classes, support groups, etc.	no	yes
I often feel I lack companionship.	yes	no
I often feel left out.	yes	no
If I have a problem or need help or advice, I know someone on whom I could rely.	no	yes
If I have good news or an interesting story, I have someone I can tell.	no	yes
Within the past year, I have suffered a major loss or change, like death of a loved one or retirement.	yes	no

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**Total answers circled
in left column**

SCORING

0-2: You are at risk for isolation, but by becoming aware of the risk factors, you can take steps to avoid becoming isolated.

3 or more: You may already be experiencing the negative consequences of isolation and would benefit from taking steps to reconnect and address the barriers that may be causing your isolation.



Illinois Department on Aging
One Natural Resources Way # 100
Springfield, Illinois 62702-1271
www.illinois.gov/aging

Senior HelpLine: 1-800-252-8966 (Voice)
1-888-206-1327 (TTY)
(8:30am to 5:00pm, Monday through Friday)
Email: aging.ilsenior@illinois.gov

The Illinois Department on Aging does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with appropriate State and federal statutes. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging. For information call the Senior HelpLine: 1-800-252-8966; 1 888 206-1327 (TTY). IL-402-1275 (10/19)

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