

## Successful Aging Inventory

Aging is not a simple, uniform process. You may continue to do well in certain areas of your daily life, but not so well in other. Take a moment to consider how you or someone important in your life is doing, by checking off the appropriate box in the charts below.



If there are significant number of "fair" or "poor" ratings, whether in the same or different categories, it may be time to consider changes or interventions in the person's life.

Dimension	Excellent	Good	Fair	Poor
Health				
Nutrition				
Sleep				
Mobility				
Physical Activity				
Hearing/Vision				
Cognitive Abilities				
Memory				
Substance Abuse				
Family Relationships				
Friendships				
Social Activities Recreation				
Personal Interests				
Personal Care				
Housekeeping				

**Speaking with a physician or a geriatric specialist can help make the right decisions. To contact Generations, call (201) 845-7030.**