

HEALING INFINITELY

Healing Infinitely Whole-Person Home Assessment

A guided educational screening tool to identify gaps between health, function, the home environment, caregiver support, access, and meaningful daily life.

ELEVATE

See the whole person.

EXECUTE

Turn identified gaps into practical action.

EXPAND

Connect home, family, resources, and care.

How to score: Mark one response for each item: **0 = Major gap/concern, 1 = Some difficulty, 2 = Doing well.** Add the five item scores in each section for a section score out of 10. Add all six section scores for a total score out of 60.

Important: The score is an HI educational guide for identifying priorities and starting conversations. It is not a diagnosis, standardized test, or validated clinical cutoff.

Daily Function & Independence	0 Major gap	1 Some difficulty	2 Doing well
Bathing and showering	☐	☐	☐
Dressing and grooming	☐	☐	☐
Toileting	☐	☐	☐
Eating and meal routines	☐	☐	☐
Medication and health routines	☐	☐	☐
SECTION SCORE	____ / 10		

Mobility & Safety	0 Major gap	1 Some difficulty	2 Doing well
Walking or wheelchair mobility	☐	☐	☐
Transfers: bed, toilet, shower, chairs	☐	☐	☐
Balance and fall concerns	☐	☐	☐
Endurance, fatigue, pain, or shortness of breath	☐	☐	☐
Safe use of mobility/adaptive equipment	☐	☐	☐
SECTION SCORE	____ / 10		

Home Environment	0 Major gap	1 Some difficulty	2 Doing well
Bathroom accessibility	☐	☐	☐
Bedroom setup	☐	☐	☐
Kitchen accessibility	☐	☐	☐
Entrances, steps, thresholds, and lighting	☐	☐	☐
Clutter, flooring, furniture, and pathways	☐	☐	☐
SECTION SCORE	____ / 10		

Whole-Person Assessment - Continued

Cognition, Emotion & Meaning	0 Major gap	1 Some difficulty	2 Doing well
Memory, attention, sequencing, or safety awareness	■	■	■
Confidence participating in daily activities	■	■	■
Emotional well-being and adjustment	■	■	■
Social connection and meaningful activity	■	■	■
Ability to participate in preferred roles and routines	■	■	■
SECTION SCORE	____ / 10		

Caregiver & Support System	0 Major gap	1 Some difficulty	2 Doing well
Caregiver understands safe assistance	■	■	■
Caregiver physical demands are manageable	■	■	■
Caregiver stress and rest needs	■	■	■
Family communication and shared plan	■	■	■
Access to community or professional support	■	■	■
SECTION SCORE	____ / 10		

Access & Continuity	0 Major gap	1 Some difficulty	2 Doing well
Transportation to care and essential activities	■	■	■
Ability to obtain equipment or supplies	■	■	■
Understanding of follow-up recommendations	■	■	■
Communication across providers/caregivers	■	■	■
Barriers related to cost, scheduling, or access	■	■	■
SECTION SCORE	____ / 10		

Your HI Score Snapshot

Transfer each section score below, then add them together.

SECTION	YOUR SCORE	MAX
Daily Function & Independence	_____	/ 10
Mobility & Safety	_____	/ 10
Home Environment	_____	/ 10
Cognition, Emotion & Meaning	_____	/ 10
Caregiver & Support System	_____	/ 10
Access & Continuity	_____	/ 10
TOTAL SCORE	_____	/ 60

What the Score Can Tell You

SCORE	WHAT IT SUGGESTS	NEXT STEP
0 - 20	Many areas may need closer attention.	Start with the biggest everyday barriers and consider discussing results with an appropriate professional.
21 - 40	A mix of strengths and areas of difficulty.	Prioritize the lowest-scoring sections and choose 1-2 practical changes to address first.
41 - 60	Many areas are currently going well.	Celebrate strengths, review individual low-scoring items, and reassess if needs change.

Look at the section scores, not only the total. A person can have a strong overall score while still having an important gap in one area. The lowest-scoring sections and individual items can help identify what to explore first.

DON'T GUESS. ASSESS.

Assess -> Identify the Gaps -> Prioritize -> Action Plan -> Execute -> Reassess -> Expand

HI Gap Snapshot

Core question: What is preventing this whole person from living, functioning, healing, and thriving?

Top 3 gaps to address first:

1. _____

Practical next action: _____

2. _____

Practical next action: _____

3. _____

Practical next action: _____

Whole-Person Priorities

■ Safety	■ Independence
■ Daily function	■ Caregiver/family support
■ Environment	■ Access/resources
■ Meaningful participation	■ Quality of life

Possible Next Steps

- Education or home strategy ■ Environmental modification or adaptive equipment
- Caregiver/family training ■ Therapy or other professional evaluation
- Community resource or transportation connection ■ Medical follow-up when appropriate



You identified the gaps. Now let's close them.

Healing Infinitely supports whole-person solutions that connect function, home, caregiver/family needs, practical resources, and meaningful everyday life.

www.healinginfinitely.com

Educational screening only: This tool is not a diagnosis, medical advice, a standardized test, or a substitute for an individualized evaluation by an appropriately licensed healthcare professional. The score ranges are educational guides developed for this worksheet and are not validated clinical cutoffs. Urgent or sudden medical symptoms require prompt medical attention.