



Ears of Distinction

Lifestyle Assessment:

Circle the most appropriate number

| | | | | | | |
|---|---|---|---|---|---|---|
| Days worked per- <i>week</i> <i>Employed or volunteer</i> | 5 | 4 | 3 | 2 | 1 | 0 |
| Meals eaten-out per- <i>week</i> <i>At restaurants</i> | 5 | 4 | 3 | 2 | 1 | 0 |
| Religious services per- <i>month</i> | 5 | 4 | 3 | 2 | 1 | 0 |
| Telephone calls per- <i>day</i> | 5 | 4 | 3 | 2 | 1 | 0 |
| Scheduled medical visits <i>Monthly</i> | 5 | 4 | 3 | 2 | 1 | 0 |
| Meetings, recreation, hobbies, sports, or civic functions with 2 or more people per- <i>day</i> | 5 | 4 | 3 | 2 | 1 | 0 |
| Theater, movies or concerts per- <i>year</i> | 5 | 4 | 3 | 2 | 1 | 0 |

Total all the numbers* circled

30 to 35 = Extremely Demanding

25 to 29 = Very demanding

10 to 24 = Moderately demanding

5 to 9 = Mildly demanding

4 or less = minor demands

* Environmental factors that compromise hearing and understanding.