

## **Your Life Logistics**

### **I do my laundry:**

- On a regular basis.
- When I'm close to being out of clothes.
- When I'm completely out of clothes and desperate.
- Someone else is in charge of my laundry.

### **I pick up/drop off my dry cleaning:**

- On a regular basis.
- When I have something to be cleaned, but then I get it done.
- When I'm desperate.
- Clothes that need to be dry cleaned often never get worn again.
- I have little or no dry cleaning.

### **For dinner, I usually:**

- Eat a healthy, home-cooked dinner.
- Thaw a frozen dinner or other store-bought food.
- Do take-out or go out.
- Grab whatever I can on the fly.

### **If I live with my family, we:**

- Usually sit down and eat together.
- Sometimes sit down and eat together.
- Rarely sit down and eat together.
- N/A, I don't live with family members.

### **Who's in charge of planning/preparing your food?**

- I'm in charge of planning/preparing my food.
- Someone else in my household is in charge of food.
- I share the responsibility with someone.

### **Who is in charge of buying groceries?**

- I'm in charge of the grocery shopping.
- Someone else does it.
- I share the grocery shopping.

### **Check off all that apply to your household's grocery shopping:**

- Shopping is done frequently, as things are needed.
- A large shopping trip is done every week or two, filling in as needed in between.
- No one gets around to it regularly so I often end up doing take-out or going out to dinner.

**Regarding meal planning:**

- I plan meals ahead of time and shop accordingly.
- I tend to plan meals the day of the meal, and it works pretty well.
- I tend to plan meals the day of the meal, and it's not working very well.
- Meal planning, are you *kidding*?

**House repair/upkeep:** (check all that apply)

- I live in an apartment so don't have to worry about repairs.
- Home repairs are done (or repair people are called) when problems first appear.
- Home repairs are generally done when problems get really bad.
- Home repairs generally don't get done.

**What do you do about household cleaning?** (check all that apply)

- I have a cleaning service.
- Another family member does it.
- I do it (or share it) regularly.
- It gets done occasionally.
- It gets done when the dirt could support industrial agriculture.
- It never gets done.

**What is the plan for tidying up your house?**

- It never really gets tidied up.
- It gets done occasionally.
- It gets done regularly; it's usually pretty neat.

**Who's in charge of keeping the house in order?**

- Someone else does it.
- It's my job to keep the house in order.
- I share the responsibility.

**What do you do about yard upkeep?** (check all that apply)

- I don't have a yard.
- I hire services to deal with the mowing, leaves, snow removal, etc.
- Another family member does it.
- I do it (or share it) regularly.
- It gets done occasionally.
- It doesn't get done.

**Car repair/upkeep:** (check all that apply)

- I don't have a car.
- I have a car, but someone else is in charge of maintenance.
- I usually do my state inspection after it has expired.
- I usually do my state inspection the day before or the day it expires.

- I usually do my state inspection several days or more before it expires.
- I have the oil changed every 3,000-5,000 miles.
- I have the oil changed every 5,000-10,000 miles.
- I often drive more than 10,000 miles before I change the oil.
- Car repairs and maintenance are done in a timely fashion.
- Car repairs are done when the car won't go anymore.

**Regarding library items/video rentals:**

- I don't borrow library items or rent videos.
- I usually return my library items or videos on time.
- I often return my library items or videos late.
- It's not unusual for me to lose a library item or video and have to pay for it.

**I have the following in place:** (check all that apply)

- A will
- A durable power of attorney
- A health care proxy
- A living will

**Overall, on a scale of 1-10 where**

1 = "My life logistics are working really well," and

10 = "My life logistics are a disaster,"

**I would give myself a rating of:**

**What priority level would you give to making changes to your life logistics?**

- High priority                       Medium priority                       Low priority