UCSF 10-Year Mortality Index for Older Adults.
This tool is designed for clinicians to assess their geriatric patients in a medical setting. It is not meant for older adults to conduct self-assessments. This is not meant as medical advice. Please consult your personal physician if you have questions about your health.

1. What is your age? (Please see below for point index)
   - 60-64 = 1 point
   - 65-69 = 2 points
   - 70-74 = 3 points
   - 75-79 = 4 points
   - 80-84 = 5 points
   - 85+ = 7 points

2. Sex (Male/Female)
   - male = 2 points

3. a. Weight: ________________
   b. Height: ________________
      - $703 \times \text{(weight in pounds / height in inches)}^2$
      - BMI < 25 = 1 point

4. Has a doctor ever told you that you have diabetes or high blood sugar? (Y/N)
   - Yes = 1 point

5. Has a doctor told you that you have cancer or a malignant tumor, excluding minor skin cancers? (Y/N)
   - Yes = 2 points

6. Do you have a chronic lung disease that limits your usual activities or makes you need oxygen at home? (Y/N)
   - Yes = 2 points

7. Has a doctor told you that you have congestive heart failure? (Y/N)
   - Yes = 2 points

8. Have you smoked cigarettes in the past week? (Y/N)
   - Yes = 2 points

9. Because of a health or memory problem do you have any difficulty with bathing or showering? (Y/N)
   - Yes = 2 points

10. Because of a health or memory problem, do you have any difficulty with managing your money--such as paying your bills and keeping track of expenses? (Y/N)
    - Yes = 2 points

11. Because of a health problem do you have any difficulty with walking several blocks? (Y/N)
    - Yes = 2 points

12. Because of a health problem do you have any difficulty with pulling or pushing large objects like a living room chair? (Y/N)
    - Yes = 1 point

Points_______
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Points_______
TOTAL

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