

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.

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| 1. What is your age? (Please see below for point index) | Points_____ |
| 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) | Points_____ |
| male = 2 points | |
| 3. a. Weight: _____ | Points_____ |
| b. Height: _____ | |
| 703 X (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) | Points_____ |
| Yes = 1 point | |
| 5. Has a doctor told you that you have cancer or a malignant tumor, excluding minor skin cancers? (Y/N) | Points_____ |
| 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) | Points_____ |
| Yes = 2 points | |
| 7. Has a doctor told you that you have congestive heart failure? (Y/N) | Points_____ |
| Yes = 2 points | |
| 8. Have you smoked cigaretttes in the past week? (Y/N) | Points_____ |
| Yes = 2 points | |
| 9. Because of a health or memory problem do you have any difficulty with bathing or showering? (Y/N) | Points_____ |
| 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) | Points_____ |
| Yes = 2 points | |
| 11. Because of a health problem do you have any difficulty with walking several blocks? (Y/N) | Points_____ |
| 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) | Points_____ |
| Yes = 1 point | |

TOTAL
