

Unmet Needs Instrument for People with Dementia (UNI-D)

Your need for help

We would like to know where you need extra help in your life.

This is on top of help you may already receive from family, friends or care professionals.

For each item please circle **YES** if you need extra help or **NO** if you do not need extra help or the item is not relevant to you.

Acknowledgements

Mansfield E, Cameron E, Carey M, Boyes A, Nair B, Hall A 7 Sanson-Fisher R (2022) Prevalence and Type of Unmet Needs Experienced by People Living with Dementia. Journal of Alzheimer's Disease 87: 833-42.

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Part 1: The following items relate to your **daily tasks**.

Do you need:

1	More help with housework?	YES	NO
2	More help with gardening?	YES	NO
3	More help with preparing meals?	YES	NO
4	More help with moving around your home?	YES	NO
5	More help with transport to and from places?	YES	NO
6	More help with doing the shopping?	YES	NO
7	More help with bathing or dressing?	YES	NO
8	More help with going to the toilet?	YES	NO

Part 2: The following items relate to your **activities and hobbies**.

Do you need:

9	More activities you enjoy doing?	YES	NO
10	More help to maintain routines of things you have always done (e.g. family dinner on a Sunday)?	YES	NO
11	More support to do things by yourself?	YES	NO
12	To see friends and family more often?	YES	NO

Part 3: The following items relate to your **health and wellbeing**.

Do you need:

13 More help with concerns about your health?	YES	NO
14 More help with stopping pain?	YES	NO
15 More help with managing medications?	YES	NO
16 More help with remembering things?	YES	NO
17 More help with feelings that you have been experiencing (e.g. feeling angry or worried)?	YES	NO

Part 4: The following items relate to your **access to support**.

Do you need:

18 More help with using the 'My Aged Care' website?	YES	NO
19 More access to home help services (e.g. to help with cleaning, cooking)?	YES	NO
20 More financial assistance?	YES	NO
21 More legal assistance?	YES	NO

Part 5: The following items relate to **getting support for dementia**.

Do you need:

22	More help with understanding what dementia is?	YES	NO
23	More help with understanding why you have been diagnosed with dementia?	YES	NO
24	More help with understanding how your dementia might change over time?	YES	NO
25	More help with finding possible treatments for dementia?	YES	NO
26	More help with understanding who you should contact if you have a problem or concern related to dementia?	YES	NO