

Definitions of Activities of Daily Living (ADLs)

Evaluation of the individual's needs for assistance in Activities of Daily Living is based on:

- a) The *individual's abilities* rather than the services provided
- b) How the individual functioned during the **thirty days prior** to the assessment date, with consideration of how the person is likely to function in **the thirty days following** the assessment date
- c) Evidence of the actual or predicted need for assistance of another person within the assessment time frame and it cannot be based on possible or preventative needs.

1. Eating means the activity of feeding and eating and may include using assistive devices		
Independent	Assist	Full Assist
The individual may perform this ADL without help. This may include using special utensils or assistive devices. Considered independent even if set-up, cutting up food, or special diet is needed.	When eating, the individual requires another person to be immediately available and within sight. Assistance requires hands-on feeding, hands-on assistance with special utensils, cuing during the act of eating, or monitoring to prevent choking or aspiration. Assistance with eating is a daily need or can vary if an individual's medical condition fluctuates significantly during a one-month period.	When eating, the individual always requires one-on-one assistance for direct feeding, constant cueing, or to prevent choking or aspiration. This includes nutritional IV or feeding tube set-up by another person. This means the individual needs the assistance of another person through all phases of the activity, every time the activity is attempted.
2. Dressing/Grooming is comprised of two elements: Dressing means the activities of dressing and undressing. Grooming means the activities of brushing and combing hair and nail care.		
Independent	Assist	Full Assist
The individual can dress and undress without help and does not need <i>Full Assistance</i> with grooming.	To be considered Assist , the individual must require Assistance in Dressing or Full Assistance in Grooming . Dressing: Even with assistive devices, the individual is unable to accomplish some tasks of dressing without the assistance of another person. This means hands-on assistance for part of the task, cueing during the activity, or stand-by presence during the activity. Grooming: Even with assistive devices, the individual is unable to accomplish some tasks of grooming without the assistance of another person. This means hands-on assistance for part of the task, cueing during the activity, or stand-by presence during the activity.	To be considered Full Assistance , the individual must require <i>Full Assistance in Dressing</i> . Dressing: Even with assistive devices, the individual is unable to accomplish any tasks of dressing without the assistance of another person. This means the individual needs hands-on assistance of another person through all phases of the activity, every time the activity is attempted Grooming: Even with assistive devices, the individual is unable to perform any tasks of grooming without the assistance of another person. This means the individual needs the assistance of another person through all phases of the activity, every time the activity is attempted. Note: <i>Full Assistance in grooming is considered Assist for the overall dressing/grooming ADL.</i>

3. Bathing/personal hygiene is comprised of two elements. **Bathing** means the activities of bathing, washing hair, using assistive devices if needed, and getting in and out of the bathtub or shower. **Personal hygiene** means the activities of shaving and caring for the mouth.

Independent	Assist	Full Assist
<p>"Independent" means the individual may perform this ADL without help and does not meet the definition of "Assist" or "Full Assist"</p>	<p>To be considered Assist, the individual must require <i>Assistance</i> in Bathing or <i>Full Assistance</i> in Hygiene.</p> <p>Bathing: Even with assistive devices, the individual is unable to accomplish some tasks of bathing without the assistance of another person. This means hands-on assistance for part of the task, cueing during the activity or stand-by presence during the activity.</p> <p>Personal hygiene: Even with assistive devices, the individual is unable to accomplish some tasks of personal hygiene activities without the assistance of another person. This means hands-on assistance for part of the task, cueing during the activity or stand-by presence during the activity.</p>	<p>To be considered Full Assist, the individual must require <i>Full Assistance</i> in Bathing.</p> <p>Bathing: Even with assistive devices, the individual is unable to accomplish any task of bathing without the assistance of another person. This means the individual needs hands-on assistance of another person through all phases of the activity, every time the activity is attempted.</p> <p>Personal hygiene: Even with assistive devices, the individual is unable to accomplish personal hygiene activities, without the assistance of another person. This means the individual needs hands-on assistance of another person through all phases of the activity, every time the activity is attempted.</p>

4. Mobility is comprised of two components. **Ambulation** means the activity of moving around both inside within the home or care setting and outside, during the assessment time frame while using assistive devices, if needed. Ambulation does not include exercise or physical therapy. **Transfer** means the activity of moving to or from a chair, bed, or wheelchair, using assistive devices if needed. [Note: Mobility **does not** include getting in and out of a motor vehicle, getting in or out of bathtub/shower, or getting on or off of to and from the toilet.] In the Mobility cluster only, assistance is categorized into three levels: minimal assistance, substantial assistance or full assistance.

Independent "Independent" means the individual may perform this ADL without help and does not meet the definition of "Assist" or "Full Assist"

Minimal Assist	Substantial Assist	Full Assist
<p>To be considered Minimal Assist, the individual must require Minimal Assistance in Ambulation</p> <p>Ambulation: Even with assistive devices, if needed, the individual can get around inside his or her home or care setting without the assistance of another person. Outside of the individual's home or care setting, the individual requires the assistance of another person.</p>	<p>To be considered Substantial Assist, the individual must require Substantial Assistance with Ambulation or an Assist with Transfer</p> <p>Ambulation: Even with assistive devices, the individual is unable to ambulate without the assistance of another person inside his or her home or care setting. Even with assistive devices, this assistance may also be needed outside.</p> <p>Transfer: Even with assistive devices, the individual is unable to accomplish a transfer without the assistance of another person <i>at least four days</i> during a month.</p>	<p>To be considered Full Assist, the individual must require <i>Full Assistance with Ambulation or Transfer</i></p> <p>Ambulation: Even with assistive devices, the individual is unable to ambulate without the assistance from another person. This means the individual needs the hands-on assistance of another person through all phases of the activity, every time the activity is attempted.</p> <p>Transfer: Even with assistive devices, the individual is unable to transfer and is dependent on one or more other persons to perform the transfer. This means the individual needs the assistance of another person through all phases of the activity, every time the activity is attempted.</p>

5. Elimination is comprised of three components: **bladder care**, **bowel care**, and **toileting**. **Bladder care** includes tasks such as catheter care, toileting schedule, monitoring for infection, ostomy care and changing incontinence supplies. **Bowel care** includes tasks such as digital stimulation, toileting schedule, suppository insertion, ostomy care, enemas and changing incontinence supplies. **Toileting** means the activity of getting to and from, and on and off the toilet (including bedpan, commode or urinal), cleansing after elimination or adjusting clothing, cleaning and maintaining assistive devices, or cleaning the toileting area after elimination because of unsanitary conditions that would pose a health risk. This does not include routine bathroom cleaning. [Note: Dialysis care needs are not assessed as part of elimination.]

Independent	Assist	Full Assist
<p>"Independent" means the individual may perform this ADL without help and does not meet the definition of "Assist" or "Full Assist"</p>	<p>To be considered Assist, the individual must require Assistance in at least one of the three components.</p> <p>Bladder: Even with assistive devices or supplies, the individual is unable to accomplish some of the tasks of bladder care without the assistance from another person at least monthly.</p> <p>Bowel: Even with assistive devices the individual is unable to accomplish some tasks of bowel care without the assistance of another person at least monthly.</p> <p>Toileting: Even with assistive devices, the individual is unable to accomplish some tasks of toileting without the assistance of another person at least monthly.</p>	<p>To be considered Full Assist, the individual must require Full Assistance in at least one of the three components.</p> <p>Bladder: The individual is unable to manage any part of bladder or catheter care without the assistance of another person. This means the individual needs the assistance of another person through all phases of the activity, every time the activity is attempted.</p> <p>Bowel: The individual is unable to accomplish any part of bowel care without the assistance of another person. This means the individual needs the assistance of another person through all phases of the activity, every time the activity is attempted.</p> <p>Toileting: The individual is unable to accomplish any part of toileting without the assistance of another person. This means the individual needs the assistance of another person through all phases of the activity, every time the activity is attempted.</p>

Continue to next 2 pages for Cognition/Behavior definitions

6. Cognition/Behavior is made up of eight components. **Cognition** includes five functions of the brain: adaptation, awareness, judgment/decisionmaking, memory and orientation. **Behavior** includes three components of behavioral symptoms: demands on others, danger to self or others and wandering.

a) The individual's ability to manage each component of cognition/behavior is assessed by how the person would function without supports, meaning the assistance of another person, a care setting or an alternative service resource as defined in OAR 411-015-0005. *Lack of medication or lack of medication management is not considered when evaluating cognition/behavior.*

b) The assessment time frame of 30 days prior to the date of the assessment may be expanded when assessing cognition/behavior without supports. History or incidents in the past more than 30 days prior to the assessment date may be considered if they negatively impacted health and safety in the past and are *also* current concerns that need to be addressed.

c) An individual under age 65 with cognition/behavior assistance or full assistance needs based on a mental or emotional disorder does not meet the criteria for service eligibility per OAR 411015-0015.

Independent	Assist	Full Assist
"Independent" means the individual may perform this ADL without help and does not meet the definition of "Assist" or "Full Assist"	To be considered Assist , an individual must require assistance in at least three of the eight components of cognition/behaviors.	To be considered Full Assist , an individual must require full assistance in at least three of the eight components of cognition/behaviors.

Adaptation (cognition) is the ability to respond, cope and adjust to major life changes such as a change in living situation or a loss (such as health, close relationship, pet, divorce or a death). For Assist, the individual requires reassurance from another person to cope with or adjust to change. Assistance involves multiple occurrences *less than daily*.

Independent	Assist	Full Assist
	The individual requires reassurance from another person to cope with or adjust to change. Assistance involves multiple occurrences less than daily.	The individual requires constant emotional support and reassurance or is unable to adapt to change. These occurrences are <i>ongoing and daily</i> .

Awareness (cognition) means the ability to understand basic health and safety needs (such as the need for food, shelter and clothing).

Independent	Assist	Full Assist
	The individual requires assistance of another person to understand basic health and safety needs.	The individual does not have the ability to understand those needs and requires <i>ongoing and daily</i> intervention by another person.

Judgment (cognition) means decision-making. It is the ability to identify choices and understand the benefits, risks and consequences of those choices. Individuals who lack the ability to understand choices or the potential risks and consequences need assistance in decision-making. Judgment/Decision making does not include what others might deem a poor choice.

Independent	Assist	Full Assist
	<i>At least weekly</i> , the individual needs protection, monitoring and guidance from another person to make decisions.	The individual's decisions require <i>daily</i> intervention by another person

Memory (cognition) means the ability to remember and appropriately use current information, impacting the health and safety of the individual.

Independent	Assist	Full Assist
	The individual has difficulty remembering and using current information and requires reminding from another person.	The individual cannot remember or use information and requires assistance beyond reminding

Orientation (cognition) means the ability to accurately understand or recognize person or place or time to maintain health and safety.		
Independent	Assist	Full Assist
	The individual is disoriented to person, or place or time and requires the assistance of another person. These occurrences are <i>episodic during the week but less than daily</i> .	The individual is disoriented <i>daily</i> to person, or place or time and requires the assistance of another person.
Danger to Self or Others (behavior) means behavioral symptoms, other than wandering, that are hazardous to the individual (including self-injury), or harmful or disruptive to those around the individual.		
Independent	Assist	Full Assist
	<i>At least monthly</i> , the individual is disruptive or aggressive in a nonphysical way, agitated, or sexually inappropriate and needs the assistance of another person. These behavioral symptoms are challenging but the individual can be verbally redirected.	The individual has had more than one episode of aggressive, disruptive, agitated, dangerous, or physically abusive or sexually aggressive behavioral symptoms directed at self or others. These behavioral symptoms are extreme, may be unpredictable, and necessitate intervention beyond verbal redirection, requiring an individualized behavioral care plan that all staff are trained to deliver.
Demands on Others (behavior) means behavioral symptoms, other than wandering, that negatively impact and affect living arrangements, providers or other residents.		
Independent	Assist	Full Assist
	The individual's habits and emotional states limit the types of living arrangements and companions, but can be modified with individualized routines, changes to the environment (such as roommates or noise reduction) or general training for the provider that is not specific to the individual.	The individual's habits and emotional states can be modified only with a 24-hour specialized care setting or an individualized behavioral care plan
Wandering (behavior) means moving about aimlessly, or elopement, without relationship to needs or safety.		
Independent	Assist	Full Assist
	The individual wanders within the home or facility, but does not jeopardize safety.	The individual wanders inside or out and jeopardizes safety.