

4 ADL Assessment – this section determines SPL 1-13 eligibility

1. Ambulation:

The individual needs HANDS-ON (physical) assistance from another person in order to ambulate, with or without assistive devices.

Select the most appropriate answer:

- A. Independent
- B. Only needs assistance outside the home or care setting.
- C. Needs assistance to get around inside their home or care setting periodically.
- D. ALWAYS needs assistance inside the home or care setting.

2. Transfer:

The individual needs HANDS-ON (physical) assistance from another person to transfer to and from a chair, bed or wheelchair inside his/her home or care setting, with or without assistive devices.

Select the most appropriate answer:

- A. Independent
- B. Needs assistance to transfer at least FOUR different DAYS during a month.
- C. ALWAYS needs assistance to transfer.

3. Eating:

When eating, the individual needs assistance with feeding and eating with or without the use of assistive devices. (Cutting food up or bringing food to the table is not part of Eating. It is considered in Meal Preparation)

Select the most appropriate answer:

- A. Independent
- B. Needs a person to be immediately available and within sight daily.
- C. Individual's need for assistance can vary if their medical condition fluctuates significantly during a one-month period:
 - HANDS-ON (physical) assistance with feeding; or
 - HANDS-ON (physical) assistance with special utensils; or
 - CUEING (verbal or visual cues) during the act of eating; or
 - Monitoring to prevent choking or aspiration. Must have had a previous choking or aspiration incident that required another person to intervene and still needs assistance.
- D. ALWAYS needs one-on-one assistance for:
 - Direct feeding; or
 - Constant CUEING (verbal or visual clues); or
 - Prevent choking or aspiration when eating; or
 - Nutritional IV or feeding tube set-up.

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4. **Bladder:**

The individual needs assistance from another person to accomplish the individual's specific tasks of bladder care, with or without assistive devices. Including, but not limited to:

- Catheter care;
- Toileting schedule;
- Monitoring for infection;
- Ostomy care;
- Changing incontinence supplies.

Select the most appropriate response:

A. Independent

B. At least MONTHLY, needs assistance to accomplish some of the tasks of bladder care.

C. ALWAYS needs assistance to manage any tasks of bladder or catheter care.

5. **Bowel:**

The individual needs assistance from another person to accomplish the individual's specific tasks of bowel care, with or without assistive devices. Including, but not limited to:

- Digital stimulation;
- Toileting schedule;
- Suppository insertion;
- Ostomy care;
- Enemas;
- Changing incontinence supplies.

Select the most appropriate response:

A. Independent

B. At least MONTHLY, needs assistance to accomplish some of the tasks of bowel care.

C. ALWAYS needs assistance to manage any tasks of bowel care

6. **Toileting:**

The individual needs HANDS-ON (physical) assistance from another person to accomplish one or more tasks of toileting, with or without assistive devices. Toileting tasks include the following:

- 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. The need must be greater than routine housekeeping.

Select the most appropriate response:

A. Independent

B. At least MONTHLY, needs assistance to accomplish some of the tasks of bowel care.

C. ALWAYS needs assistance with toileting. The assistance must include the tasks in the first 2 bullets.

Cognition and Behaviors

Expanding the assessment time frame:

The assessment time frame in OAR 411-015-0008 of 30 days prior to the date of the assessment may be expanded when assessing cognition and behavior to a time the individual was without supports when there is a history or incidents in the past that negatively impacted the health and safety of the individual and is still currently a concern that needs to be addressed.

7. Adaptation:

The individual needs cognitive assistance with adaptation and does not have 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).

Assess how the individual would function without assistance of another person, a care setting or alternative service resource. Answer must be based on the functions of the brain and how it affects the cognitive process.

Select the most appropriate response:

- A. Independent
- B. LESS THAN DAILY, but more than weekly, needs reassurance to cope with or adjust to change
- C. ALWAYS needs daily and ongoing emotional support and reassurance or is unable to adapt to change.

8. Awareness:

The individual needs cognitive assistance with awareness. Awareness means the ability to understand basic health and safety needs (such as the need for food, shelter and clothing).

Assess how the individual would function without assistance of another person, a care setting or alternative service resource. Answer must be based on the functions of the brain and how it affects the cognitive process.

Select the most appropriate response:

- A. Independent
- B. Needs guidance and support to understand basic health and safety needs.
- C. ALWAYS needs daily and ongoing intervention due to the individual's inability to understand basic health and safety needs.

9. Judgment/Decision-Making:

Judgment means decision-making. The individual needs cognitive assistance with judgment/decision-making. Judgment/decision-making 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.

Assess how the individual would function without assistance of another person, a care setting or alternative service resource. **This does not include what others might deem a poor choice.** Answer must be based on the functions of the brain and how it affects the cognitive process.

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Select the most appropriate response:

- A. Independent
- B. At least WEEKLY, the individual needs protection, monitoring and guidance to make decisions.
- C. DAILY, the individual's decision require intervention.

10. **Memory:**

Memory means the ability to remember and appropriately use current information, impacting the health and safety of the individual. The individual needs cognitive assistance with memory due to a negative impact on their health and safety.

Assess how the individual would function without assistance of another person, a care setting or alternative service resource. Answer must be based on the functions of the brain and how it affects the cognitive process.

Select the most appropriate response:

- A. Independent
- B. Needs REMINDING due to difficulty remembering and using current information
- C. ALWAYS needs assistance BEYOND REMINDING due to the inability to remember or use information.

11. **Orientation:**

Orientation means the ability to accurately understand or recognize person or place or time to maintain health and safety. The individual needs cognitive assistance with orientation due to a negative impact on their health and safety.

Assess how the individual would function without assistance of another person, a care setting or alternative service resource. Answer must be based on the functions of the brain and how it affects the cognitive process.

Select the most appropriate response:

- A. Independent
- B. LESS THAN DAILY, needs assistance due to episodic disorientation during the week.
- C. Needs DAILY assistance due to being disoriented.

12. **Danger to Self or Others:**

Danger to Self or Others means behavioral symptoms, other than wandering, that are hazardous to the individual (including self-injury), or harmful or disruptive to those around the individual. The individual needs cognitive assistance in the area of danger to self or others.

Assess how the individual would function without assistance of another person, a care setting or alternative service resource. Answer must be based on the functions of the brain and how it affects the cognitive process.

Select the most appropriate response:

- A. Independent
- B. At least MONTHLY, needs to be verbally redirected due to challenging behavioral symptoms in one or more of the following:

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- Disruptive; or
 - Aggressive in a non-physical way; or
 - Agitated; or
 - Sexually inappropriate
- C. Has had MORE THAN ONE episode of behavioral symptoms that are extreme, may be unpredictable and necessitate intervention beyond verbal redirection, requiring an individualized behavioral care plan that all staff are trained to deliver:
- Aggressive; or
 - Disruptive; or
 - Agitated; or
 - Dangerous; or
 - Physically abusive; or
 - Sexually aggressive behavioral symptoms

13. **Demands on Others:**

Demands on Others means behavioral symptoms, other than wandering, that negatively impact and affect living arrangements, providers or other residents. The individual needs cognitive assistance in the area of demands on others.

Assess how the individual would function without assistance of another person, a care setting or alternative service resource. Answer must be based on the functions of the brain and how it affects the cognitive process.

Select the most appropriate response:

- A. Independent
- B. Habits and emotional states limit the types of living arrangements and companions, but can be modified with individualized routines, changes to the environment or general training for the provider that is not specific to the individual.
- C. Habits and emotional states can be modified only with a 24-hour specialized care setting or an individualized behavioral care plan that all staff are trained to deliver.

14. **Wandering:**

Wandering means moving about aimlessly, or elopement, without relationship to needs or safety. The individual needs cognitive assistance with wandering.

Assess how the individual would function without assistance of another person, a care setting or alternative service resource. Answer must be based on the functions of the brain and how it affects the cognitive process.

Select the most appropriate response:

- A. Independent
- B. Wanders within the home or facility, but does not jeopardize safety.
- C. Wanders inside or out and jeopardizes safety.

Additional ADL Assessment

15. Bathing:

The individual needs assistance from another person getting in and out of the bathtub or shower, bathing or washing hair?

Select the most appropriate response (Steps of bathing are described below):

A. Independent

B. Unable to accomplish bathing and the individual needs:

- HANDS-ON (physical) assistance with any of the steps some of the time; or
- HANDS-ON (physical) assistance with up to two steps always, but doesn't need hands-on assistance for the remaining step(s); or
- CUEING (verbal or visual clues) or STAND-BY (at the side of the individual ready to step in and physically assist if needed) assistance during Step 1 and/or Step 2 and/or Step 3 some of the time or always.

C. ALWAYS needs HANDS-ON (physical) assistance during Step 1, Step 2 and Step 3.

Steps of Bathing. Bathing is broken into three steps:

Step 1: Inability to get in and out of the bath tub or shower.

Step 2: Inability to fully complete the task of washing their body. If an individual cannot fully accomplish washing any part of their body, then the individual cannot complete the task of bathing. Do not break bathing the body into multiple parts of the body. Bathing the body is one step (remove all the blue text here: if no assistance is needed for any part of the body, except the back, then do not consider the back as a part of the body).

Step 3: Inability to wash their hair.

Any step the individual is unable to fully accomplish is considered the inability to complete the step. The individual would not be able to complete the step without assistance from another person.

16. Personal Hygiene:

The individual needs, with or without assistive devices, assistance from another person to shave, care for the mouth or with the tasks of menstruation care.

Select the most appropriate response:

A. Independent

B. Unable to accomplish at least one of the tasks of personal hygiene. The individual needs:

- HANDS-ON (physical) assistance always for one task of personal hygiene, but doesn't always need hands-on assistance for the remaining two tasks; or
- HANDS-ON (physical) assistance needed some of the time for one or two of the tasks of personal hygiene, but doesn't need hands-on assistance for the remaining tasks; or
- CUEING (verbal or visual clues) or STAND-BY (at the side of the individual ready to step in and physically assist if needed) assistance needed for at least one and up to all of the tasks of personal hygiene.

C. ALWAYS needs HANDS-ON (physical) assistance for at least two of the tasks of personal hygiene.

17. **Dressing:**

The individual needs, with or without assistive devices, assistance from another person to dress and undress.

Select the most appropriate response. (Steps of dressing are described below):

A. Independent

B. Unable to accomplish dressing. This means:

- HANDS-ON (physical) assistance for step 1 or 2 some of the time; or
- HANDS-ON (physical) assistance for one of the steps always, but doesn't need hands-on assistance for the remaining step; ; or
- CUEING (verbal or visual clues) or STAND-BY (at the side of the individual ready to step in and physically assist if needed) assistance during steps 1 and/or step 2 some of the time or always.

C. ALWAYS needs HANDS-ON (physical) assistance for step one and two.

Steps of Dressing. Dressing is broken into two steps:

Step 1: Inability to fully complete the task of dressing or undressing the top half of body.

Step 2: Inability to fully complete the task of dressing or undressing the bottom half of the body.

Note: Any part of a step the individual is unable to fully accomplish is considered the inability to complete the full step (e.g. can put one arm in the sleeve but not the other.....)

Note: Compression socks, commonly known as "ted hose", is captured as a dressing function.

18. **Grooming:**

The individual needs, with or without assistive devices, assistance from another person for nail and hair care.

Select the most appropriate response:

A. Independent

B. Unable to accomplish nail and/or hair care. The individual needs:

- HANDS-ON (physical) assistance for nail or hair care some of the time; or
- CUEING (verbal or visual clues) or STAND-BY (at the side of the individual ready to step in and physically assist if needed) assistance during the activity of nail and/or hair care some of the time or always; or

C. ALWAYS needs HANDS-ON (physical) assistance for nail care and hair care.

IADL Assessment

19. Housekeeping:

The individual needs assistance from another person in order to accomplish housekeeping tasks which maintain their health and safety within the residence. (Does not include pet care, home repair or housekeeping activities related to other household members)

Select the most appropriate response:

- A. Independent
- B. Unable to accomplish some housekeeping tasks without assistance.
- C. ALWAYS needs assistance for all tasks and phases.

20. Laundry:

The individual needs assistance from another person in order to complete laundry tasks.

Select the most appropriate response:

- A. Independent
- B. Unable to accomplish some laundry tasks without assistance.
- C. ALWAYS needs assistance for all tasks and phases.

21. Breakfast Meal Preparation:

The individual needs assistance from another person to safely prepare food meeting basic nutritional requirements?

Select the most appropriate response:

- A. Independent
- B. Is able to accomplish a majority of the meal preparation tasks, but not all the tasks.
- C. Is able to accomplish only a small portion of the meal preparation tasks without assistance.
- D. ALWAYS needs assistance for all tasks of meal preparation.

22. Lunch Meal Preparation:

The individual needs assistance from another person to safely prepare food meeting basic nutritional requirements?

Select the most appropriate response:

- A. Independent
- B. Is able to accomplish a majority of the meal preparation tasks, but not all the tasks.
- C. Is able to accomplish only a small portion of the meal preparation tasks without assistance.
- D. ALWAYS needs assistance for all tasks of meal preparation.

23. Dinner/Supper Meal Preparation:

The individual needs assistance from another person to safely prepare food meeting basic nutritional requirements?

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Select the most appropriate response:

- A. Independent
- B. Is able to accomplish a majority of the meal preparation tasks, but not all the tasks.
- C. Is able to accomplish only a small portion of the meal preparation tasks without assistance.
- D. ALWAYS needs assistance for all tasks of meal preparation.

24. Medication/Oxygen Management:

The individual needs assistance from another person to order, organize or administer prescribed medications and/or oxygen? The assistance may include: set-up, reminding, cueing, checking for effect and monitoring for choking or administering O2 or monitoring equipment to assure adequate O2 supply.

Select the most appropriate response:

- A. Independent
- B. Is able to accomplish a majority of the medication/O2 management tasks, but not all the tasks.
- C. Is able to accomplish only a small portion of the medication/O2 management tasks without assistance.
- D. ALWAYS needs assistance for all tasks of medication/O2 management.

25. Shopping:

The individual needs assistance from another person to purchase goods that are necessary for the health and safety of the individual and are related to the individual's service plan, such as:

- Food (meal preparation);
- Clothing (dressing); or
- Medicine (medication/O2 management).

Select the most appropriate response:

- A. Independent
- B. Is able to accomplish a majority of the shopping tasks, but not all the tasks.
- C. Is able to accomplish only a small portion of the shopping tasks without assistance.
- D. ALWAYS needs assistance for all tasks of shopping.

26. Transportation:

The individual needs assistance from another person to:

- Arrange rides; and/or
- Get in or out of a vehicle; and/or
- Physical or cognitive assistance during a ride, such as for spasticity, memory, aspiration, choking or seizure.

Select the most appropriate response:

- A. Independent
- B. Is able to accomplish a majority of the transportation tasks, but not all the tasks.
- C. Is able to accomplish only a small portion of the transportation tasks without assistance.
- D. ALWAYS needs assistance for all tasks of transportation.