

CAPS 4-ADL Assessment

07-29-14

Header for Ambulation Section:

Ambulation means the activity of moving around both *inside 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.

Assessing Mobility (ambulation and transfer) in general:

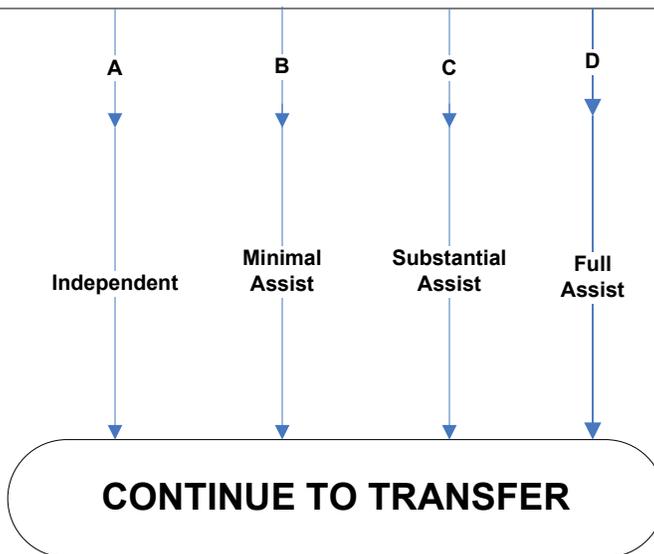
- **Does not** include the following activities: getting in and out of a motor vehicle, getting in or out of a bathtub/shower, moving on or off the toilet, or moving to and from the toilet.
- Inside means inside the entrance to the individual's home or apartment unit or inside the care setting.
- Outside means outside the home or care setting, such as courtyards, balconies, stairs, hallways exterior to the doorway of the home or apartment unit, the threshold of the door leading outside is considered outside.
- Bedbound individuals are full assist in ambulation. Reduce ambulation hours in service planning as appropriate.
- Mobility is not solely dependent on falls.
- **Time Frame** means thirty days prior and thirty days following the assessment date and expect the need to be on-going beyond the assessment time frame.

Ambulation:

The individual needs **HANDS-ON** 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.



Header for Transfer Section:

Transfer means the activity of moving to or from a chair, bed or wheelchair using assistive devices, if needed. The assistance must be needed inside the individual's home or care setting.

Assessing Transfer:

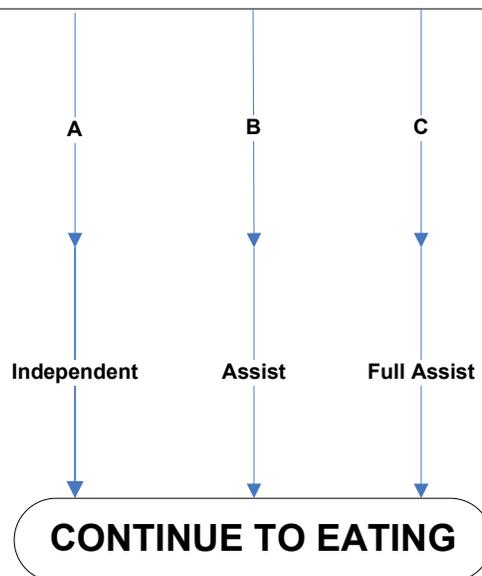
- Capture the tasks of repositioning an individual in transfers.
- **Time Frame** means thirty days prior and thirty days following the assessment date and expect the need to be on-going beyond the assessment time frame.
- See the Ambulation header for quick help details on Mobility in general.

Transfer:

The individual needs **HANDS-ON** 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 DAYS during a month.
- C. ALWAYS needs assistance to transfer.



Header for Eating Section:

Eating means the activity of feeding and eating.

Time Frame means thirty days prior and thirty days following the assessment date and expect the need to be on-going beyond the assessment time frame.

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

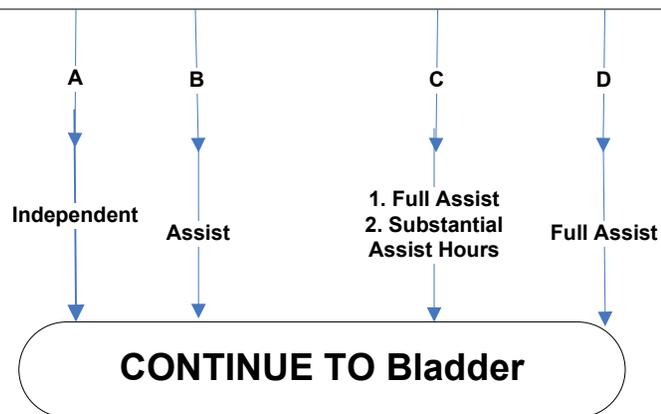
B. Needs a person to be immediately available and within sight daily **or** can vary during a one month period if the individual's medical condition fluctuates significantly with:

- Hands-on assistance with feeding, but not always with direct feeding **or**
- Hands-on assistance with special utensils **or**
- Cueing during the act of eating **or**
- Monitoring to prevent choking or aspiration

C. Needs one-on-one assistance for nutritional IV or feeding tube set-up

D. ALWAYS needs one-on-one assistance for:

- Direct feeding **or**
- Constant cueing **or**
- Prevent choking or aspiration when eating



Header for Bladder Section:

Bladder means managing bladder care. *Dialysis care* needs are not assessed as part of elimination.

Time Frame means thirty days prior and thirty days following the assessment date and expect the need to be on-going beyond the assessment time frame.

Bladder:

Needs assistance from another person to accomplish the individual's specific tasks of bladder care, with or without assistive devices, including tasks such as:

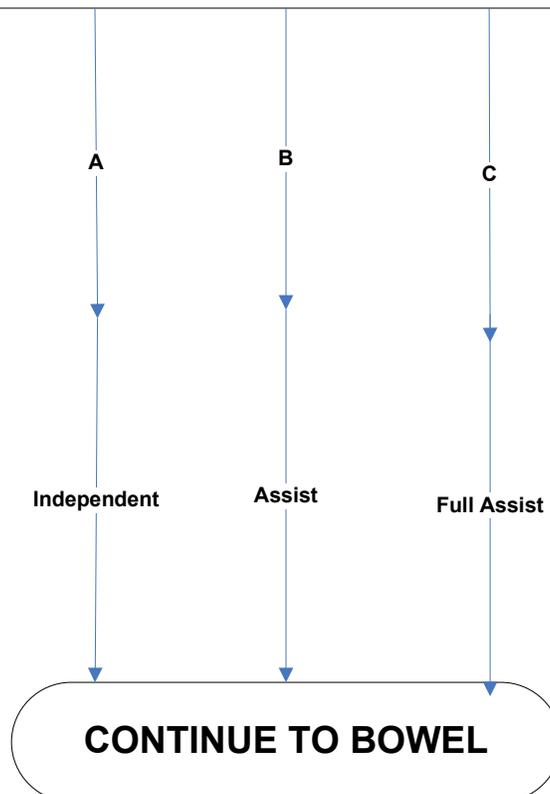
- Catheter care;
- Toileting schedule;
- Monitoring for infection;
- Ostomy care;
- Changing incontinence supplies.

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.



Header for Bowel Section:

Bowel means managing bowel care.

Time Frame means thirty days prior and thirty days following the assessment date and expect the need to be on-going beyond the assessment time frame.

Bowel:

Needs assistance from another person to accomplish the individual's specific tasks of bowel care, with or without assistive devices, including tasks such as:

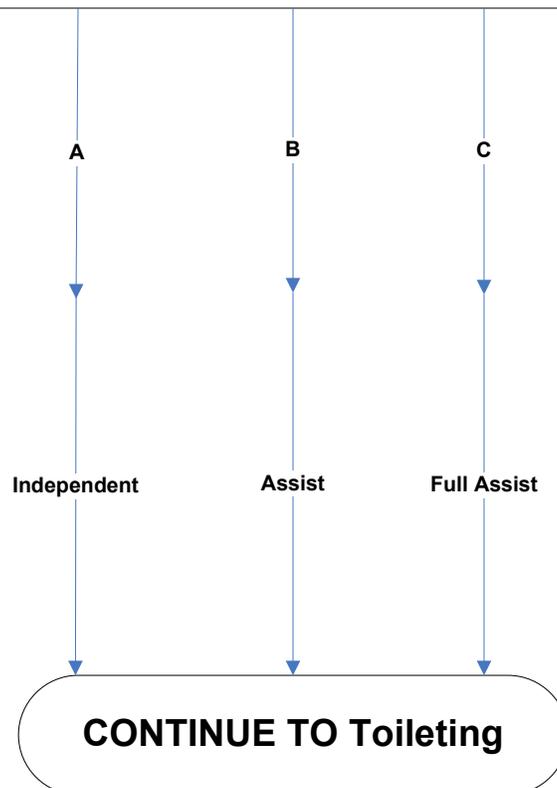
- Digital stimulation;
- Toileting schedule;
- Suppository insertion;
- Ostomy care;
- Enemas;
- Changing incontinence supplies.

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.



Header for Toileting Section:

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.

Time Frame means thirty days prior and thirty days following the assessment date and expect the need to be on-going beyond the assessment time frame.

Toileting:

Needs **HANDS-ON** assistance from another person to accomplish one or more tasks of toileting, with or without assistive devices. Toileting tasks include the following:

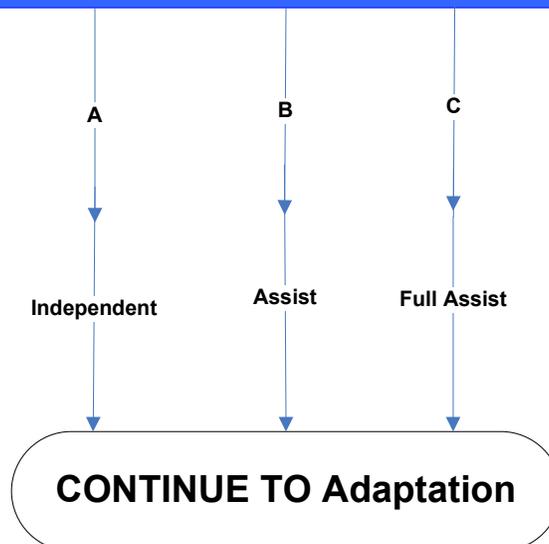
- Getting to and from and on and off the toilet (including bedpan, commode or urinal);
- Cleansing after elimination **or** adjusting clothing;
- Cleaning and maintaining assistive devices, **or** cleaning the toileting area after elimination because of unsanitary conditions that would pose a health risk. The need must be greater than routine housekeeping. Hands-on assistance does not apply to these tasks.

Select the most appropriate response:

A. Independent

B. At least MONTHLY, needs assistance to accomplish some of the tasks of **bowel** (remove “bowel” and add “toileting”) care.

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



Header for Adaptation Section:

Tips for assessing Adaptation:

- **Time Frame** means thirty days prior and thirty days following the assessment date and expect the need to be on-going beyond the assessment time frame.
- **The assessment time frame may be expanded** when assessing cognition/behavior. History or incidents that are more than 30 days prior to the assessment date may be considered if they negatively impacted health and safety in the past and are likely to re-occur without supports.
- For all 8 areas of cognition, consider the individual’s cognitive “ability” to use information.
- Adaptation is **not** someone that has had a loss and is going through the normal grieving process.
- Adaptation is typically someone that cannot functionally adapt, fixates or gets stuck and cannot move on.
- As an example, this could be demonstrated by an individual with dementia and at some point each day she remembers she is not living in her own home any longer, as she is now in a AFH setting. She moved there 3 years ago and still fixates on the loss of her home.

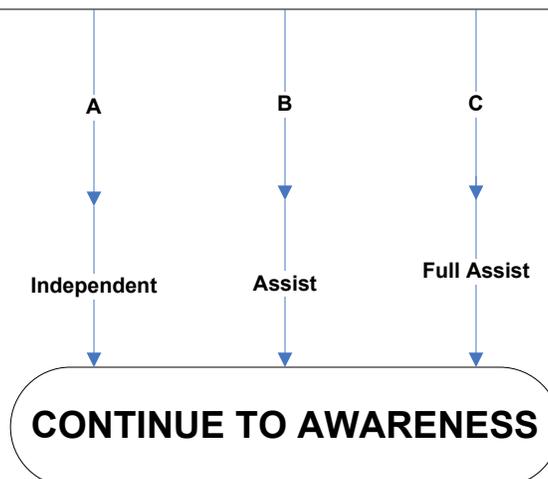
Adaptation:

Adaptation 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). 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.



Header for Awareness Section:

Tips for assessing Awareness:

- **Time Frame** means thirty days prior and thirty days following the assessment date and expect the need to be on-going beyond the assessment time frame.
- **The assessment time frame may be expanded** when assessing cognition/behavior. History or incidents that are more than 30 days prior to the assessment date may be considered if they negatively impacted health and safety in the past and are likely to re-occur without supports.
- For all 8 areas of cognition, consider the individual's cognitive "ability" to use information.
- For awareness, consider if the person needs assistance to understand their basic needs, such as for food, shelter, and clothing.
- Is the person aware of the need to eat, maintain hydration, use a walker, take medications or wear a coat when going outside?
- Does the person have difficulty **understanding** needs that must be met?
- Does the person have the **ability** to understand the needs?
- For example, a person would be unable to determine the appropriate clothing to wear outside in inclement weather without structure and guidance from another person.

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.

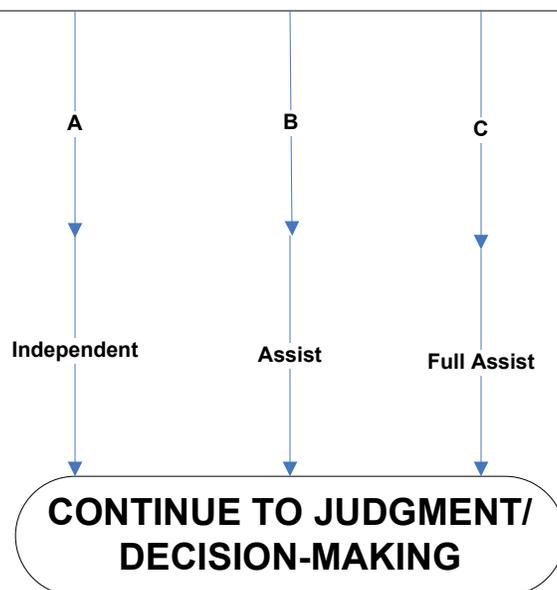
Answer must be based on the functions of the brain and how it affects the cognitive process.

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.



Header for Judgment Section:

Tips for assessing Judgment:

- **Time Frame** means thirty days prior and thirty days following the assessment date and expect the need to be on-going beyond the assessment time frame.
- **The assessment time frame may be expanded** when assessing cognition/behavior. History or incidents that are more than 30 days prior to the assessment date may be considered if they negatively impacted health and safety in the past and are likely to re-occur without supports.
- For all 8 areas of cognition, consider the individual's cognitive "ability" to use information.
- Determine if the individual understands the risks and consequences of their decisions. Ask the consumer questions to learn whether the person understands the risks, consequences and likely outcomes of their decisions.
- Judgment is NOT about poor choices if the person understands the risks and consequences of their decision. Eg: someone that smokes, drinks, live in messy houses, stays with someone in a dysfunctional situation, diabetic that eats candy, etc...
- An example of judgment could be an individual that lets a stranger into their home, and the stranger took advantage of him/her by stealing their rent money. In this example the individual did not understand the risk of letting someone into their home, and the consequence of not being able to pay their bills because their rent money was stolen.

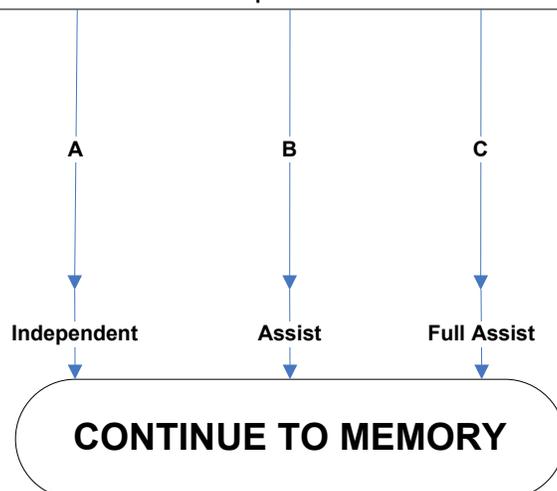
Judgment/Decision-Making:

Judgment 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. 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.

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.



Header for Memory Section:

Tips for assessing Memory:

- **Time Frame** means thirty days prior and thirty days following the assessment date and expect the need to be on-going beyond the assessment time frame.
- **The assessment time frame may be expanded** when assessing cognition/behavior. History or incidents that are more than 30 days prior to the assessment date may be considered if they negatively impacted health and safety in the past and are likely to re-occur without supports.
- For all 8 areas of cognition, consider the individual's cognitive "ability" to use information.
- Tie memory problems back to how it impacts the health and safety of the individual. Forgetting something, even who is in the picture on the wall may be an indicator of memory loss, but does not necessarily impact the health and safety of the person.
- Consider whether it is typical forgetfulness or truly a memory issue.
- A person would be an Independent need level even if the person has memory problems, but has a system in place to assist them to remember, such as using sticky notes or the calendar to remind them to take their medication or for doctor's appointments. However, for individuals who cannot set up the system, such as to remember to "write" a sticky note or a calendar reminder, and is only able to follow the instructions once it is written out, would be an Assist need level, as the individuals requires assistance with putting together the notes, etc...
- Does the person remember to dress appropriately? Impact may be getting sick.
- Does the person remember to pay bills? Impact may be losing their housing for not paying rent.
- A memory example could tie back to health and safety for an individual that doesn't remember to dress appropriately for winter conditions, by wearing their nightgown out in a winter storm.

Memory:

Memory means the ability to remember and appropriately use current information, impacting the health and safety of the individual. Assess how the individual would function without assistance of another person, a *care setting* or *alternative service resource*.

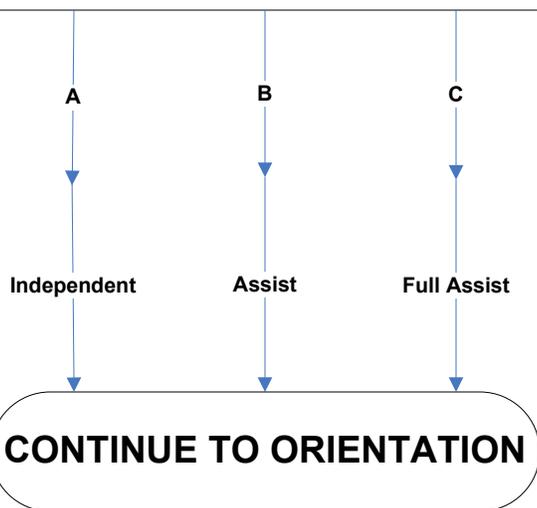
Answer must be based on the functions of the brain and how it affects the cognitive process.

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.



Header for Orientation Section:

Tips for assessing Orientation:

- **Time Frame** means thirty days prior and thirty days following the assessment date and expect the need to be on-going beyond the assessment time frame.
- **The assessment time frame may be expanded** when assessing cognition/behavior. History or incidents that are more than 30 days prior to the assessment date may be considered if they negatively impacted health and safety in the past and are likely to re-occur without supports.
- For all 8 areas of cognition, consider the individual's cognitive "ability" to use information.
- Tie orientation back to how it impacts the health and safety of the individual. Forgetting what year it is does not necessarily impact the health and safety of the person.
- Does the person recognize family, friends and caregivers? Consider how this impacts health and safety?
- Example of "Person": Impacts health and safety if the individual allows a stranger into the home thinking that the stranger is a family member.
- Example of "Place": Impacts health and safety when an individual urinates in the corner of the room at night at the AFH, as the corner of his room is the same distance away as the bathroom was from his room at home.
- Example "Time": Consumer gets up at 2:00 AM and goes outside to attempt to catch the bus to go to work. The consumer no longer works and when she did, she worked day shift. This person does not understand the difference between day and night and going outside to catch the bus would impact her safety.

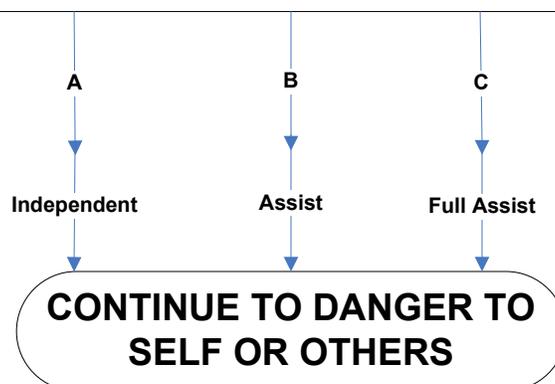
Orientation:

Orientation means the ability to accurately understand or recognize person or place or time to maintain 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.



Header for Danger to Self or Others section:

Tips for assessing Danger to Self or Other:

- **Time Frame** means thirty days prior and thirty days following the assessment date and expect the need to be on-going beyond the assessment time frame.
- **The assessment time frame may be expanded** when assessing cognition/behavior. History or incidents that are more than 30 days prior to the assessment date may be considered if they negatively impacted health and safety in the past and are likely to re-occur without supports.
- For all 8 areas of cognition, consider the individual's cognitive "ability" to use information.
- An example of sexually inappropriateness could be a person going into another residents room for the purpose of sexual activity.

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. 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:

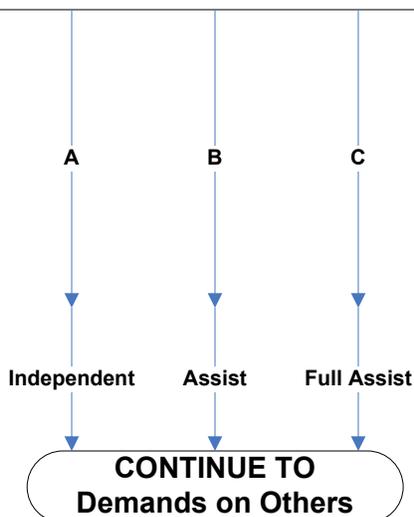
A. Independent

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

- 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



Header for Demands on Others section:

Tips for assessing Demands on Others:

- **Time Frame** means thirty days prior and thirty days following the assessment date and expect the need to be on-going beyond the assessment time frame.
- **The assessment time frame may be expanded** when assessing cognition/behavior. History or incidents that are more than 30 days prior to the assessment date may be considered if they negatively impacted health and safety in the past and are likely to re-occur without supports.
- For all 8 areas of cognition, consider the individual’s cognitive “ability” to use information.
- An example could be an individual who gets irritated, aggravated and yells at his/her roommate because he doesn’t want the TV on because he cannot handle loud noises. The provider resolved this by providing headphones for the roommate and the individual no longer was aggravated and irritable due to loud noises. Without the support of the provider, the individual would continue to cause problems with the other resident.

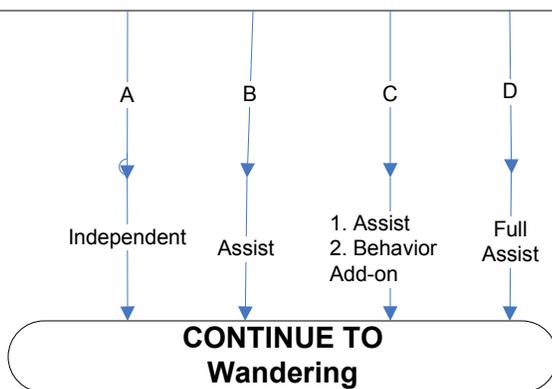
Demands on Others:

Demands on Others means behavioral symptoms, other than wandering, that negatively impact and affect living arrangements, providers or other residents. 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. The individual’s behaviors pose a risk to the individual or to others which require the provider to constantly intervene, supervise or redirect.
- D. 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.



Header for Wandering section:

Tips for assessing Wandering:

- **Time Frame** means thirty days prior and thirty days following the assessment date and expect the need to be on-going beyond the assessment time frame.
- **The assessment time frame may be expanded** when assessing cognition/behavior. History or incidents that are more than 30 days prior to the assessment date may be considered if they negatively impacted health and safety in the past and are likely to re-occur without supports.
- For all 8 areas of cognition, consider the individual’s cognitive “ability” to use information.
- An example of wandering could be an individual with dementia that tries to leave the facility because he/she thinks he/she has to go to work or go home. Another example could be an individual that aimlessly walks around the facility without purpose or a plan to go somewhere.

Wandering:

Wandering means moving about aimlessly, or elopement, without relationship to needs or 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. Wanders within the home or facility, but does not jeopardize safety
- C. Wanders inside or out and jeopardizes safety

