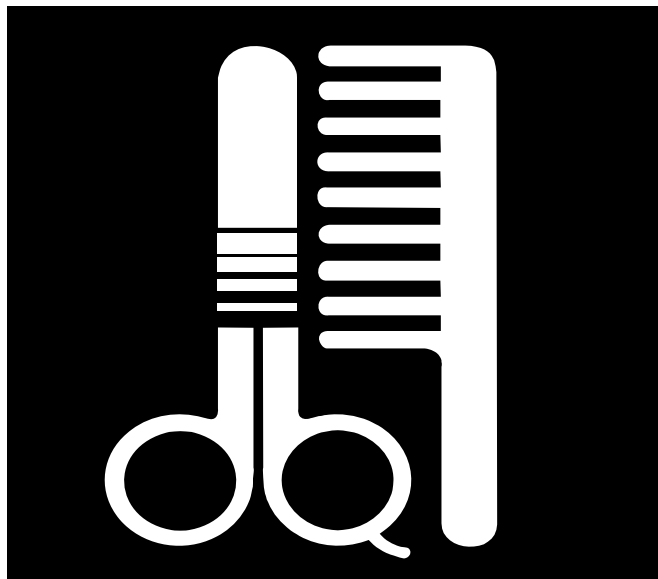


Activities of Daily Living



Activities of Daily Living

The purpose of the Restorative Activity of Daily Living (ADL)/Grooming Program is to provide residents with an opportunity to attain or maintain their highest level of independence in performing ADLs. ADLs may include bathing, dressing and undressing, grooming and hygiene, oral care and accessory dressing. Repeated practice of ADLs improves the resident's self-esteem and dignity as the resident achieves more independence and proficiency in performance of self care tasks.

Activities including repetition, physical or verbal cueing, and task segmentation provided by any staff member or volunteer under the supervision of a licensed nurse may qualify as training and skill practice in rehabilitation nursing.

Dressing or grooming: Activities used to improve or maintain the resident's self-performance in dressing and undressing, bathing and washing, and performing other personal hygiene tasks.

Treatment Ideas

Light Hygiene

ADL Skill	Selected Activities	Materials
Oral Care	• Set up • Provide instruction • Practice skills • Clean up • Insert dentures • Soak/clean dentures • Brush teeth • Floss teeth • Use mouthwash • Gargle	• Water • Glass • Toothbrush • Toothpaste • Denture brush and receptacle • Denture adhesive • Denture cleaner • Dental floss • Mouthwash • Adaptive equipment
Washing Hands and Face	• Set up • Provide instruction • Practice skills • Clean up • Nail cleaning	• Basin of water • Washcloth • Soap • Nailbrush • Wash mit • Towel
Lotion, Perfume/Cologne, Aftershave	• Apply lotion to hands and upper arms • Apply deodorant or powder • Stress benefit from sensory stimulation, touch and smell	• Lotion • Perfume • Cologne • Aftershave • Deodorant • Bath powder

Grooming

ADL Skill	Selected Activities	Materials
Shaving	• Set up • Provide instruction • Practice skills • Clean up • Clean electric razor • Charge electric razor	• Electric razor • Pre-shave • Shaving cream • Standard safety razor • Towel • Water • Aftershave
Nail Care	• Set up • Provide instruction • Practice skills • Clean up • Safety awareness	• Emery board • Nail polish remover • Cotton balls/Q-tips • Nail polish/topcoat • Nail brush • Clippers • Lotion • Pumice stone • Toe separators • Trash can
Hair Care	• Set up • Provide instruction • Allow resident to choose supplies • Practice skills • Comb/brush hair • Style hair • Apply gel/mousse/hairspray • Clean up	• Comb • Brush • Mirror • Pins • Clips • Ribbons, hair elastics or flowers • Gel/mousse/hairspray • Curlers
Make-up	• Set up • Provide instruction • Allow resident to choose supplies • Practice skills • Clean up	• Blush • Eye shadow • Mascara • Base/foundation • Eye liner • Eye brow pencil • Lipstick/gloss • Powder • Make-up brushes

Upper and Lower Extremity

ADL Skill	Selected Activities	Materials
Dressing	• Retrieve items from closet • Set up • Provide instruction • Allow resident to choose items • Introduce adaptive equipment • Practice donning and doffing clothing	• Sweater • Jacket • Pants • Blouse • Pullover shirt • Bra/underwear/undershirt/boxers • Skirt/dress • Housecoat • Pajamas • Dressing stick/reacher • Button hook/zipper pull

Footwear Dressing	• Retrieve items • Set up • Provide instruction • Allow resident to choose items • Introduce adaptive equipment • Practice donning and doffing footwear	• Socks • Shoes • Velcro closure shoes • Slippers • Sock aid • Long handled shoe horn • Elastic shoe laces • Dressing stick
Accessory Dressing	• Set up • Provide instruction and demonstration • Allow resident to choose and retrieve items • Practice tying, fastening and buckling	• Jewelry (earrings, necklace, pin) • Scarves • Ties • Belts • Ribbons/bows • Hats • Purses • Button/snap/zipper board

Adaptive Clothing/Dressing Suggestions for those with Limited Range of Motion or Coordination

- Use front opening garments, one size larger than needed and made of fabrics that have some stretch.
- Use larger buttons or zippers with a loop on the pull-tab
- Replace buttons, snaps and hooks with Velcro
- Wrinkle free clothing
- Clothing that is easily cleaned
- Pants with elastic waists
- Suspenders
- Elastic thread for buttons
- Pull tabs on zippers
- Sew loops/tabs onto clothing to allow use of dressing stick
- Slip-on shoes or sneakers with Velcro closures.
- Replace regular shoe laces with elastic shoe laces or other adapted shoe fasteners that can be left tied all the time
- "Tube" socks
- Adaptive equipment to make self dressing easier (e.g., dressing stick, button hook, elastic shoe laces, long handled shoe horn, reacher, sockaid)
- Plan adequate dressing time so that the resident does not feel rushed
- Use bras with front openings or Velcro replacements.
- To avoid falls, dress while sitting on bed, in wheelchair, or in chair with arms.

Adaptations for Hygiene and Grooming

- A hand held showerhead on flexible hose for bathing and shampooing hair can eliminate the need to stand in the shower and offers the user control of the direction of the spray. The handle can be built up or adapted for limited grasp.
- A long handles bath sponge/brush can allow the user to reach legs, feet and back. A wash mitt and soap on a rope can aid limited grasp.
- Long handles on comb, brush, toothbrush, lipstick, mascara brush and safety or electric razor may be useful for limited hand to head or hand to face movements.

- Electric toothbrushes may be easier to manage for oral hygiene.
- A short reacher can be used to reach toilet paper.
- Dressing sticks can be used to pull garments up after using the toilet.
- Safety rails can be used for bathtub transfers and safety mats or strips can be placed in the bottom of the shower.
- Attach toiletries (shaver, lipstick, toothbrush, etc.) to a cord if the resident often drops objects.
- Use weighted wrist cuffs for applying lipstick, for shaving, etc., to help hold hand steady.
- Use a suction brush attached to the sink for nail care or denture care.
- Use soap on a rope. Hang soap on a rope around the resident's neck or over a bathtub fixture for easy reach.
- Glue an emery board to a small piece of wood and fasten it to the tabletop to file nails.
- Use large size roll-on deodorant.
- Use a bath mitt that holds the soap in it.
- Use non-skid mats to prevent falls.

Adaptive Equipment

Button Hook/Zipper Pull (Figure 1)

- Used to pull up or down by hooking the end of the zipper.
- The large end is slipped through the buttonhole and attaches around the button.
- Pulling the loop through then pulls the button through the buttonhole.
- Used with residents with decreased hand grasp, limited use of hand, or a decrease in fine motor skills.

Dressing Stick (Figure 2)

- Used to pull or push clothing up the leg or arm, over the shoulder.
- Ideal for residents with decreased hip flexion or limited upper extremity movements, i.e., pulling clothes up after using the toilet.

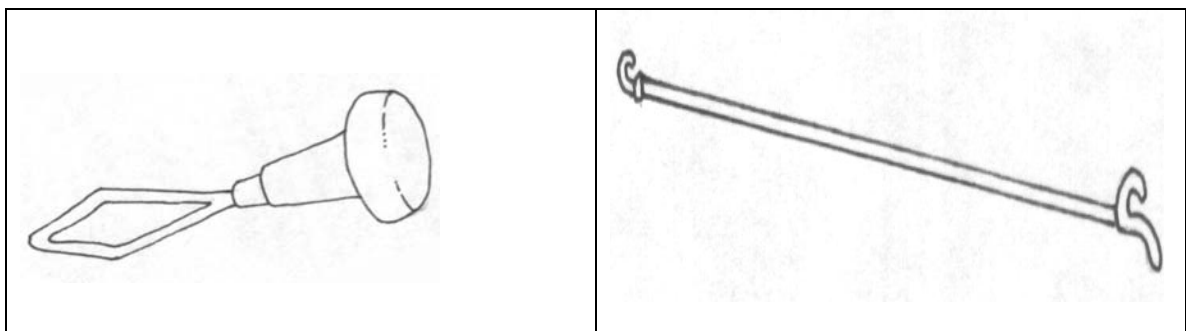


Figure 1

Figure 2

Elastic Shoe Laces (Figure 3)

- Utilized to convert “tie up” shoes into “slip on” shoes
- Helpful for residents who cannot or should not bend over or cross legs

Long-Handled Shoe Horn (Figure 4)

- Utilized for putting on shoes
- Helpful for residents who cannot or should not bend over or cross legs

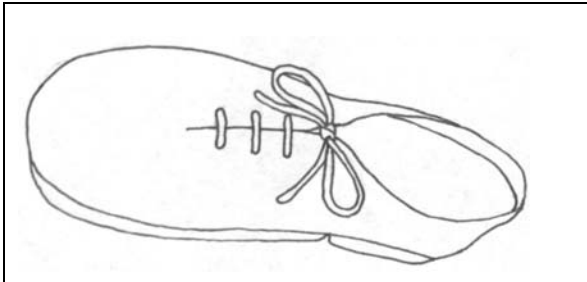


Figure 3

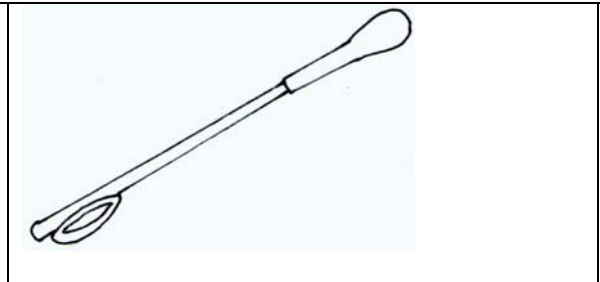


Figure 4

Reacher (Figure 5)

- Used to assist with dressing or picking up objects and grasping the clothing with the clawed end.
- Helpful for residents who cannot or should not bend over or reach above head (e.g., hip surgery)

Sock Aid (Figure 6)

- Used to apply socks or pantyhose by sliding sock or stockings over the aid and pulling the sock aid up the foot.
- Helpful for putting on socks for residents who cannot or should not bend over or cross legs

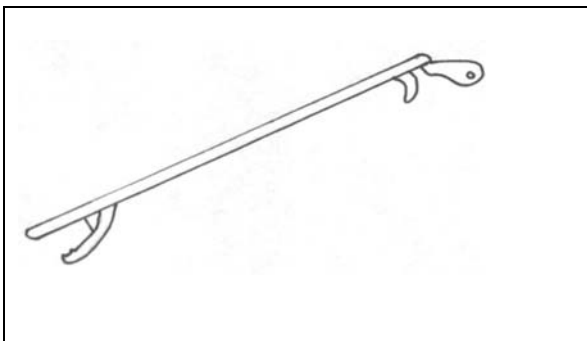


Figure 5



Figure 6

Long Handled Bath Sponge

- Used with a resident who has decreased hand function or arm range of motion.

Suction Denture Brush

- Used to assist residents in cleaning dentures or fingernails.
- Suction cup fastens dentures to the sink to allow for one-handed scrubbing.

Comb and Brush with Built-up Handles

- Used with residents who have weak grasps.
- Built-up foam covers handles.

Universal Cuff

- Used with residents who have weak grasps.
- Makes it possible for the resident to perform hygiene skills such as combing hair or brushing teeth.

One-Handed Dressing Techniques

Putting on a Bra (dressing)

1. Hook bra and position in front of body
2. Place affected arm through shoulder strap and pull up to or above elbow.
3. Place unaffected arm through shoulder strap and pull up to or above elbow
4. Hook back strap with thumb and pull over head like a jersey
5. Adjust as needed

Removing a Bra (undressing)

1. Unhook fastener with unaffected arm
2. Shake strap off of unaffected arm
3. Use unaffected arm to take strap off affected arm

1-3



4-5



1

2-3



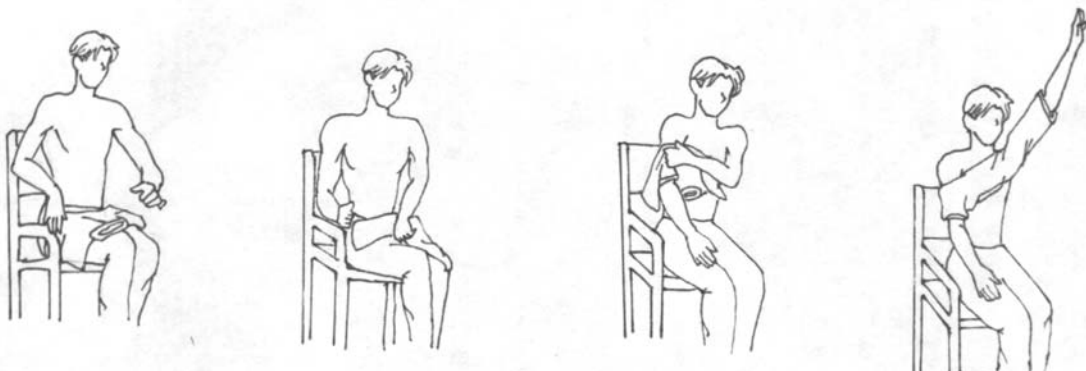
Putting on a Pullover Shirt (dressing)

1. Place shirt on lap with the neck towards the knees and the front facing down
2. With unaffected arm, gather shirt from the bottom to the shirt sleeve of the affected arm
3. Pull the gathered sleeve onto the affected arm and up over the elbow
4. Place the unaffected arm through the remaining sleeve
5. Hook the neck and bottom of the shirt with thumb and pull over the head
6. Pull the shirt down and adjust

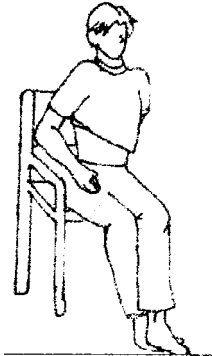
Removing a Pullover Shirt (undressing)

1. Lean forward and gather the shirt with the unaffected arm from behind the unaffected shoulder
2. Duck and pull shirt off the head
3. Use the unaffected arm to pull the shirt sleeve off the affected arm
4. Shake the shirt off the unaffected arm

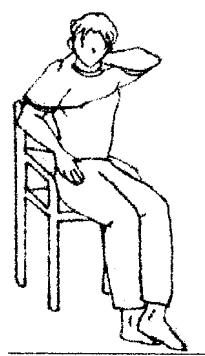
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5-6



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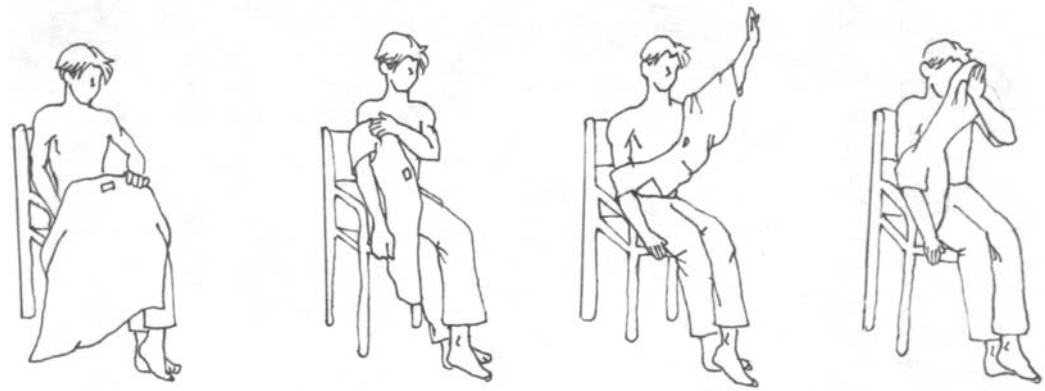
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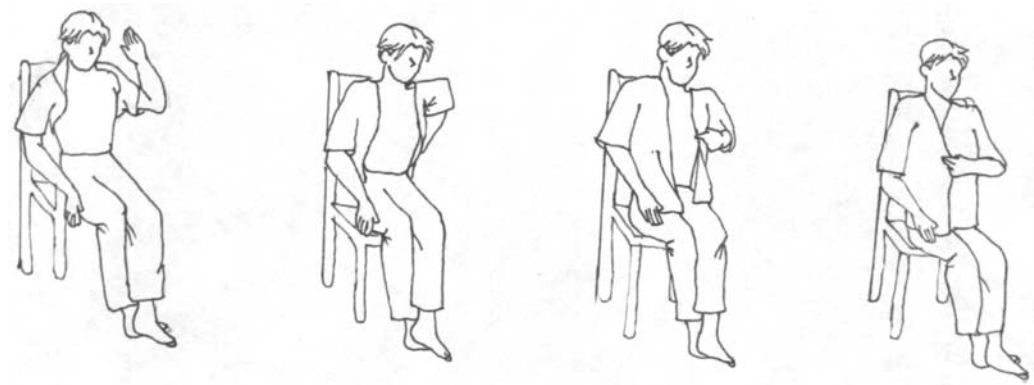
Putting on a Front Opening Shirt – Technique #1

1. Place shirt on lap with bottom of shirt at knees and label facing up
2. Pick up affected hand, place through sleeve. Use unaffected hand to pull sleeve up the arm and past the elbow.
3. Place unaffected arm through remaining sleeve
4. Hook the shirt from collar to the bottom. Lean head forward and pull over head.
5. Drop the shirt down the back, reach behind and pull the shirt tail down
6. Adjust the shirt and button the buttons

1-4

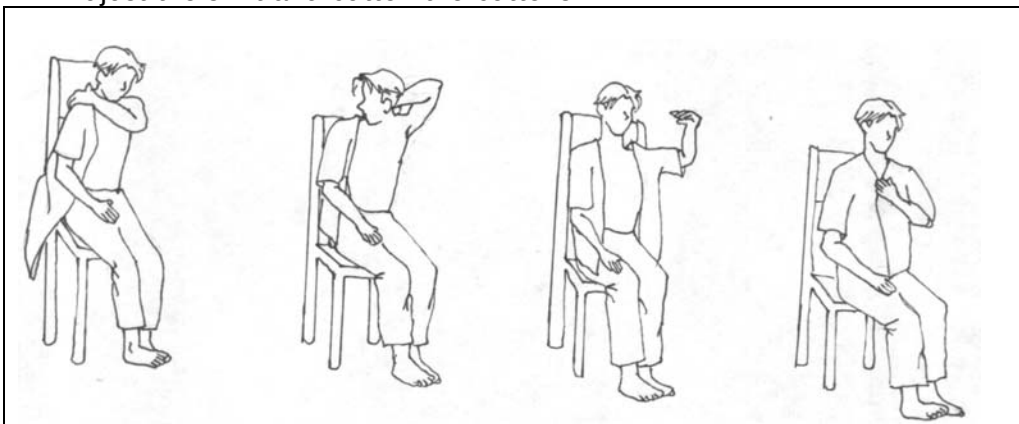


5-6



Putting on a Front Opening Shirt – Technique #2

1. Pick up affected hand, place through sleeve. Pull shirt up over elbow to shoulder.
2. Grasp the top of the collar on the unaffected side and hold tightly. Lift the shirt up and around the back to the unaffected side.
3. Place unaffected arm through sleeve
4. Adjust the shirt and button the buttons



Removing a Front Opening Shirt/Blouse – Technique #1.

1. Unbutton shirt/blouse.
2. Lean forward.
3. Gather the material up in back of the neck by using the strong hand, then pull shirt over the head.
4. Remove sleeve from the strong arm and then the affected weak arm.

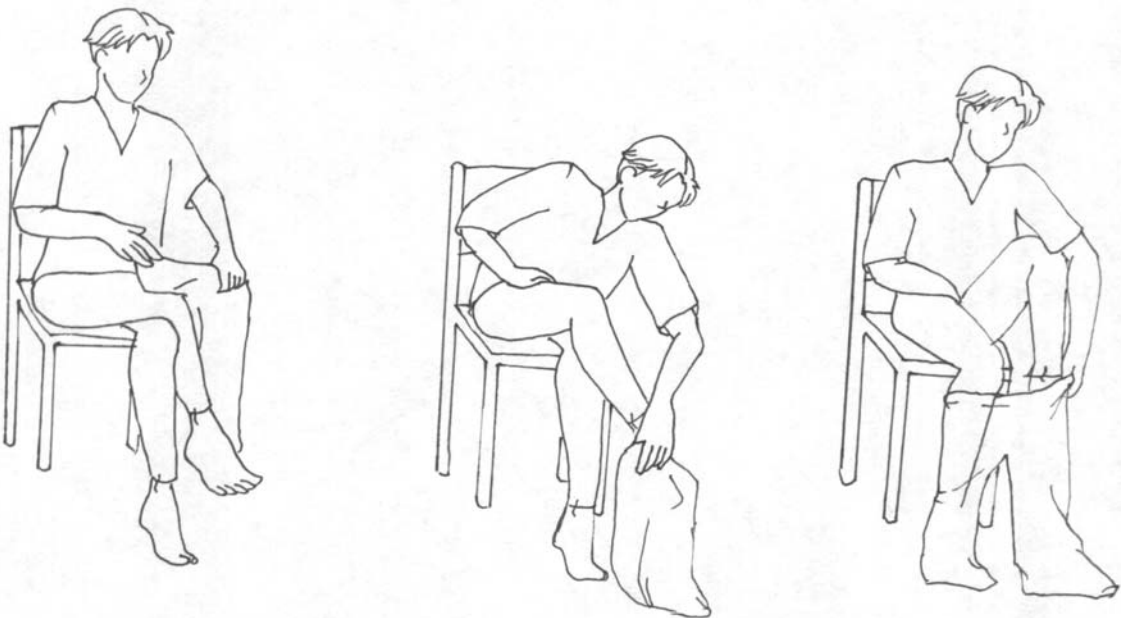
Removing a Front Opening Shirt/Dress – Technique #2.

1. Tell the resident to unbutton shirt.
2. Tell the resident to use the unaffected hand and push shirt off the affected shoulder.
3. Tell the resident to grasp the middle of front edge of shirt and pull it out to the side, pulling the shirt off unaffected shoulder.
4. Help the resident to raise unaffected arm out of the sleeve.
5. Tell the resident to use the unaffected hand to grasp the cuff of the right sleeve and pull from the affected arm.

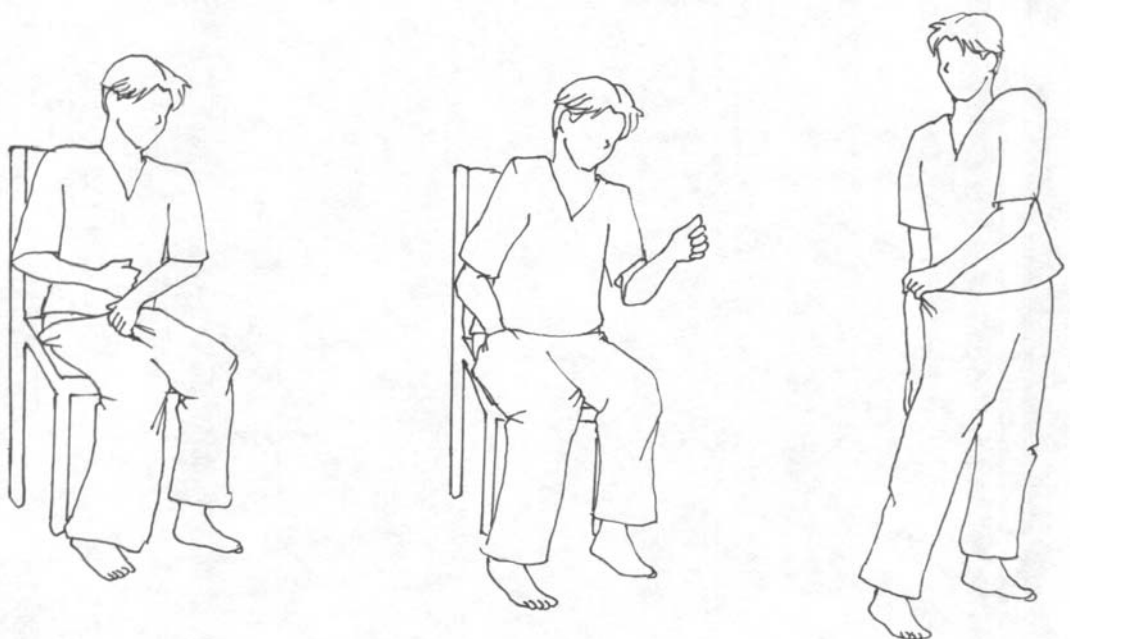
Putting on Pants from Sitting (dressing)

1. With unaffected arm, pick up affected leg and cross over on top of unaffected leg. Gather pants with unaffected arm.
2. Bend and pull pants on to affected leg, up to the knee
3. Uncross the affected leg. Put unaffected leg into the other pant leg.
4. Remain sitting. Pull pants up the knee and onto the hips as far as possible. Lean from side to side in chair, pulling pants up with unaffected arm while lifting hips.
5. To prevent pants from falling while standing, place affected hand in pant pocket or inside of pants. If suspenders are used, pull them onto the shoulder prior to standing.
6. With feet spread apart, stand and pull pants over the hips. Fasten the pants in sitting or standing position, as resident is able.

1-3

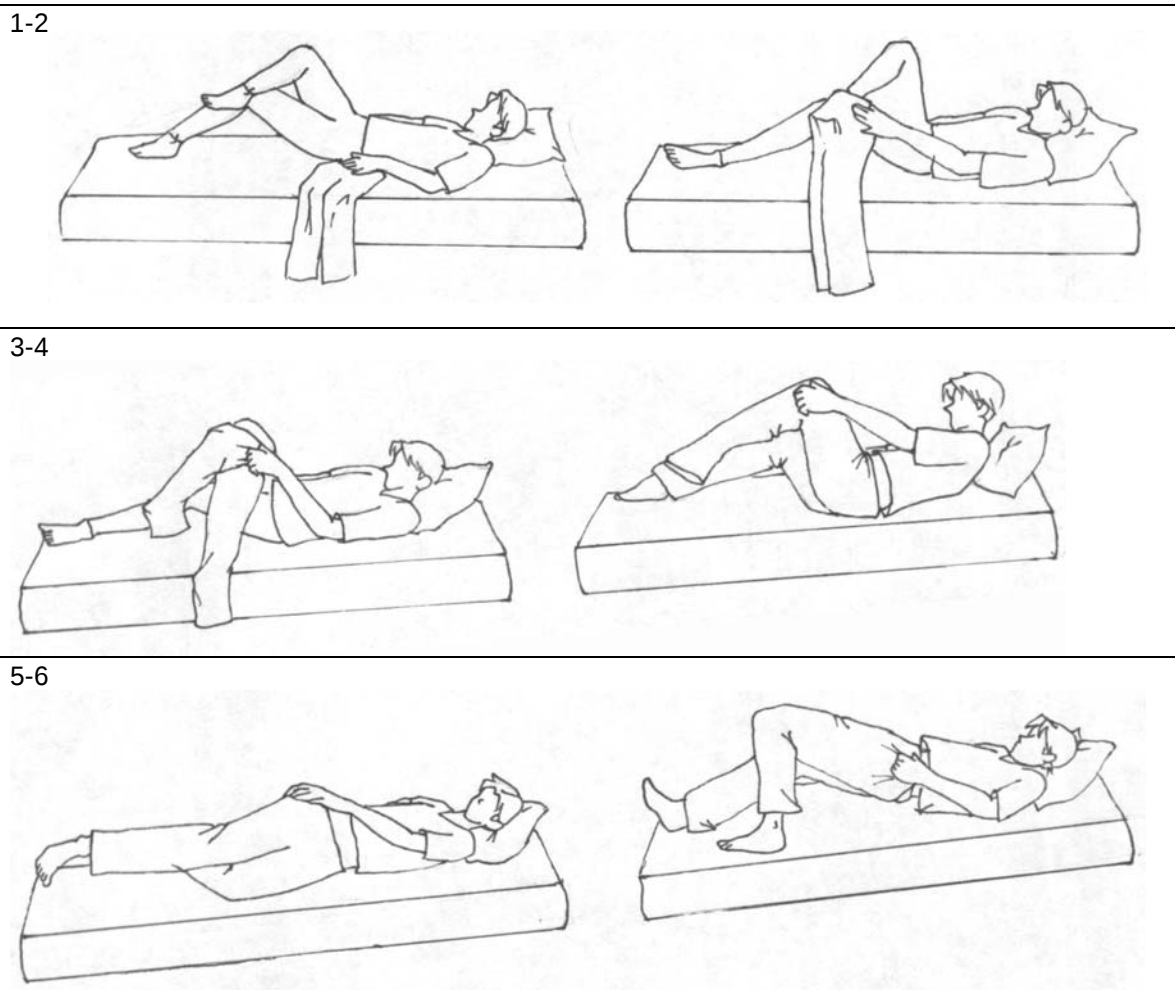


4-6



Putting on Pants from Lying (dressing) – for those with poor balance

1. With unaffected leg, hook the ankle of affected leg up over the knee on the unaffected leg. Bend unaffected leg so that it pulls affected leg up to within reach of unaffected arm.
2. Reach with unaffected arm and place pants onto the affected foot
3. Work the pants up to the knee
4. Straighten unaffected leg and remove from under affected leg while holding on to pants. Place unaffected leg in remaining pant leg.
5. Work the pants up over the hips by rolling from side to side and pulling with the unaffected arm
6. If able, bend the unaffected leg, pressing down with the foot and shoulder while raising both hips from the bed (bridging). Fasten trousers.



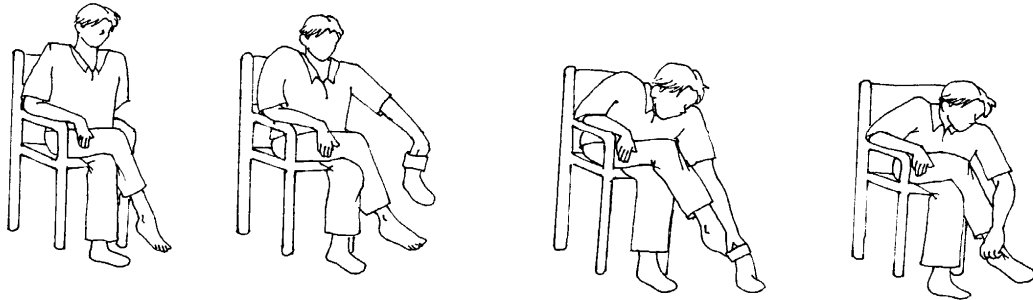
Taking off Trousers/Pants

1. Resident unfastens trousers and works them down past his hips as far as possible.
2. If standing balance is poor: Tell the resident to lie down on the bed, unfasten trousers/pants. Bend strong knee and hip pushing strong foot against bed to raise hips. Push pants down below hips.
3. Sit on side of bed. Push pants leg off with strong leg.
4. Cross weak leg and pull pants off weak leg.

Putting on Socks (dressing)

1. Sit down. Cross affected leg over unaffected leg. Roll or gather the sock to within several inches of the toe.
2. Open the sock with the unaffected hand by placing thumb and first 2 fingers inside the stocking and spreading fingers apart
3. Place sock over the toes and over the foot as much as possible
4. Pull the sock on over the foot

1-4



Taking Off Socks/Stockings

1. With strong hand, cross weak leg and remove sock.
2. Cross strong leg, and remove other sock.
3. Cross strong leg so that foot is free and in easy reach of strong hand. Use strong hand, pull other sock over strong foot in same manner.

Putting on Shoes (dressing)

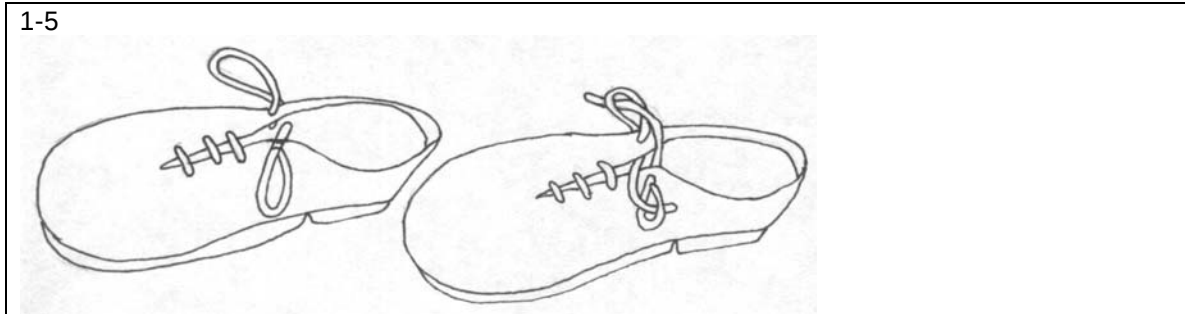
1. Sit down. Cross affected leg over unaffected leg. Hold tongue of shoe and place over toes.
2. Adjust shoe and hold heel of shoe to pull over heel
3. Tie according to one-handed shoe tying instructions (next page)

1-3



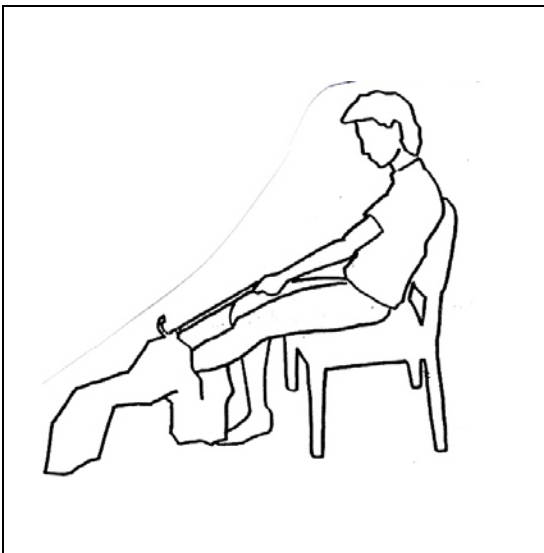
One-handed Shoe Tie

1. Lace up the shoe in a traditional manner to the last hole
2. On the last hole, go back through the hole on the same side to form a loop with a tail on each side
3. Take the tail on one side and pass it through the loop on the opposite side
4. Pull tails, one at a time, to tighten
5. Once the lacing is tight, tuck the extra lacing into the instep of the shoe



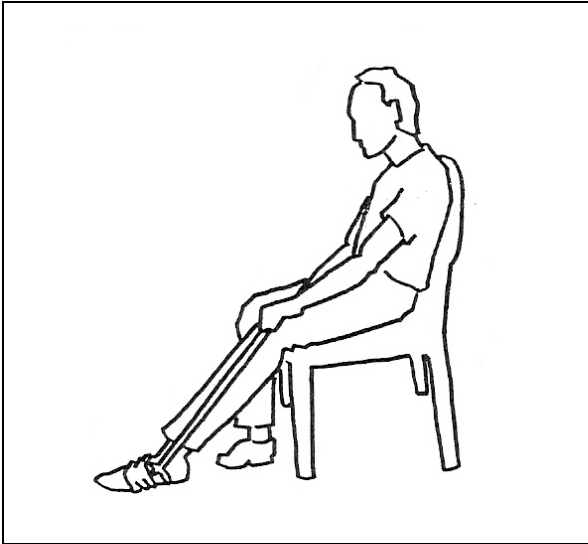
Dressing with a reacher or dressing stick

1. Sit on the side of the bed or in a chair
2. Use the dressing stick to catch the waistband of the underwear or pants
3. Lower the stick to the floor and slip the pants over the affected or weaker leg first
4. Insert other leg
5. Pull pants over knees
6. Stand using walker for balance and pull pants over hips
7. When taking pants off, start with the unaffected or stronger leg



Using a sock aid

1. Slide the sock over the sock aid making sure the heel of the sock is at the back of the plastic and the toe of the sock is tight against the end
2. Holding on to the cords, drop the sock aid on to the floor in front of the foot
3. Insert the foot into the sock
4. Using the cords, pull the sock over the foot
5. To remove socks, use a dressing stick or reacher to push the sock off the foot



Activities of Daily Living

Pretest Post Test (circle one)

Name: _____ Title: _____

Social Security #: _____ Work #: _____

Mailing
Address: _____

-
1. A resident that had recent hip surgery may need to use a reacher to assist with dressing.
A. True B. False
 2. Residents with limited range of motion should wear garments that you pull over the head.
A. True B. False
 3. You should instruct the resident with problems of coordination to stand up when dressing.
A. True B. False
 4. Use front opening garments for residents with problems with coordination or limited range of motion.
A. True B. False
 5. Residents are not able to dress themselves using one-handed techniques.
A. True B. False
 6. Weighted wrist cuffs may help hold a resident's hand steady while shaving.
A. True B. False

7. If set-up properly and oriented to the surroundings, it is possible for a resident with dementia to independently complete ADL tasks.
- A. True B. False
8. Water temperature should be checked before completing hygiene/grooming tasks to ensure a resident is not burned.
- A. True B. False
9. The RNA should allow a resident only 2 attempts to complete ADLs independently. After 2 attempts, the RNA should step in and complete tasks for the resident.
- A. True B. False

Activities of Daily Living

Key to Pre /Post Test

Name: _____ Title: _____

Social Security #: _____ Work #: _____

Mailing
Address: _____

-
1. A resident that had recent hip surgery may need to use a reacher to assist with dressing.
☒ A. True ☐ B. False
 2. Residents with limited range of motion should wear garments that you pull over the head.
☐ A. True ☒ B. False
 3. You should instruct the resident with problems of coordination to stand up when dressing.
☐ A. True ☒ B. False
 4. Use front opening garments for residents with problems with coordination or limited range of motion.
☒ A. True ☐ B. False
 5. Residents are not able to dress themselves using one-handed techniques.
☐ A. True ☒ B. False
 6. Weighted wrist cuffs may help hold a resident's hand steady while shaving.
☒ A. True ☐ B. False

7. If set-up properly and oriented to the surroundings, it is possible for a resident with dementia to independently complete ADL tasks.

A. True

B. False

8. Water temperature should be checked before completing hygiene/grooming tasks to ensure a resident is not burned.

A. True

B. False

9. The RNA should allow a resident only 2 attempts to complete ADLs independently. After 2 attempts, the RNA should step in and complete tasks for the resident.

A. True

B. False