

I'm not robot!

FUNCTIONAL ASSESSMENT

Rate the resident on a scale of 1 to 5 with 1 being most independent. Total all checked scores and enter that amount on Page 4 of this assessment.

FUNCTION	LEVEL OF FUNCTIONING	COMMENTS
1. BATHING (washing the body)	<input type="checkbox"/> 1. Independent - no assistance required in bathing - uses assistive/adaptive devices (shower stool, handrails, etc.) - needs occasional reminding. <input type="checkbox"/> 2. Preparation needed of bath water and/or bathing articles (soap, towels, washcloth, etc.) - individual can wash self. <input type="checkbox"/> 3. For safety reasons or unsteadiness, may require assistance in/out of tub/shower. <input type="checkbox"/> 4. Some assistance needed - individual is able to wash face and hands only. <input type="checkbox"/> 5. Total assistance needed with preparation, helping individual in and out of the tub, complete washing and drying of the body.	
Basic ADL		
2. HYGIENE (hair grooming)	<input type="checkbox"/> 1. Independent - no assistance required - uses assistive/adaptive devices. <input type="checkbox"/> 2. Minor assistance needed, including reminders to bathe, shave, comb hair, clip nails, brush teeth, etc. <input type="checkbox"/> 3. Needs higher degree of assistance, such as preparation of grooming materials, help with dentures, etc. <input type="checkbox"/> 4. Requires limited physical assistance, such as steadying of hands when shaving or combing hair, assistance because of physical impairment, etc. <input type="checkbox"/> 5. Total assistance required in washing, combing hair, clipping nails, brushing teeth, shaving, etc.	
Basic ADL		
3. DRESSING (putting on or removing proper clothing)	<input type="checkbox"/> 1. Independent - no assistance required - uses assistive/adaptive devices. <input type="checkbox"/> 2. Needs occasional help with zippers, buttons, tying shoelaces, etc. <input type="checkbox"/> 3. Needs structuring - daily assistance with what to wear as well as zippers and buttons. <input type="checkbox"/> 4. Moderate assistance - puts clothing on or takes clothing off with assistance; needs help with prostheses. <input type="checkbox"/> 5. Fully dependent - individual can offer no assistance, requires someone to completely dress.	
Basic ADL		
4. TELEPHONE USE	<input type="checkbox"/> 1. No assistance needed to make outgoing or receive incoming calls - uses assistive/adaptive devices. <input type="checkbox"/> 2. Assistance needed to initiate some calls; able to receive calls. <input type="checkbox"/> 3. Individual only able to dial a few numbers committed to memory. <input type="checkbox"/> 4. Individual only able to answer telephone, cannot initiate calls or remember number sequences. <input type="checkbox"/> 5. Staff must make and receive calls for individual - unable to communicate using the telephone for reasons other than loss of hearing; unable to dial the telephone to call for assistance or in an emergency - unable to use assistive devices or adaptive equipment.	
TECHNOLOGY USE		
Instrumental ADL		
5. SHOPPING	<input type="checkbox"/> 1. Individual takes care of own needs. <input type="checkbox"/> 2. Minor assistance may be needed with transportation and/or carrying bundles. <input type="checkbox"/> 3. Assistance required in deciding and procuring. <input type="checkbox"/> 4. Needs assistance with handling money transactions. <input type="checkbox"/> 5. Totally dependent - unable to shop for self.	
Instrumental ADL		
6. FOOD PREPARATION	<input type="checkbox"/> 1. Takes care of all areas of food preparation and clean up. <input type="checkbox"/> 2. Heats and serves prepared meals/foods without prompting. <input type="checkbox"/> 3. Can prepare and heat meals but needs prompting; needs assistance with use of kitchen equipment; will not eat if left alone. <input type="checkbox"/> 4. Can only prepare cold foods; should not use kitchen equipment (range, oven, microwave, etc.). <input type="checkbox"/> 5. Meals/snacks must be completely prepared and served to individual.	
Instrumental ADL		

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BRIGGS HealthCare FUNCTIONAL ASSESSMENT



Resident's Full Name

Lawton Instrumental Activities of Daily Living (IADLs)

Scoring: For each category, circle the item description that most closely resembles the client's highest functional level (either 0 or 1).

Ability to Use Telephone	Operates telephone on own initiative; looks up and dials numbers	1
	Dials a few well-known numbers	0
Shopping	Answers telephone, but does not dial	0
	Does not use telephone at all	0
Food Preparation	Takes care of all shopping needs independently	1
	Shops independently for small purchases	0
Housekeeping	Needs to be accompanied on any shopping trip	0
	Completely unable to shop	0
Laundry	Plans, prepares, and serves adequate meals independently	1
	Prepares adequate meals if supplied with ingredients	0
Mode of Transportation	Heats and serves prepared meals or prepares meals but does not maintain adequate diet	0
	Needs to have meals prepared and served	0
Responsibility for Own Medications	Maintains house alone with occasional assistance (heavy work)	1
	Performs light daily tasks such as dishwashing, bed making	1
Ability to Handle Finances	Performs light daily tasks, but cannot maintain acceptable level of cleanliness	1
	Needs help with all home maintenance tasks	0
Ability to Handle Finances	Does not participate in any housekeeping tasks	0
	Does personal laundry completely	1
Ability to Handle Finances	Launders small items, ties socks, stockings, etc.	1
	All laundry must be done by others	0
Ability to Handle Finances	Travels independently on public transportation or drives own car	1
	Arranges own travel via taxi, but does not otherwise use public transportation	1
Ability to Handle Finances	Travels on public transportation when assisted or accompanied by another	1
	Travel limited to taxi or automobile with assistance of another	0
Ability to Handle Finances	Does not travel at all	0
	Is responsible for taking medication in correct dosages at correct time	1
Ability to Handle Finances	Takes responsibility if medication is prepared in advance in separate dosages	0
	Is not capable of dispensing own medication	0
Ability to Handle Finances	Manages financial matters independently (budgets, writes checks, pays rent and bills, goes to bank); collects and keeps track of income	1
	Manages day-to-day purchases, but needs help with banking, major purchases, etc.	1
Ability to Handle Finances	Incapable of handling money	0

Add each circled number from the column on the right: TOTAL POINTS = _____

SHORT ARTICLE

Assessment of Activities of Daily Living (ADL) in elderly population

Preeti Usha¹, Surekha Kishore², Mahendra Singh³, Pradeep Aggarwal⁴, Bhavna Jain⁵, Kanchan Gawande⁶
¹Junior Resident (Academic), Department of Community and Family Medicine, All India Institute of Medical Sciences, Rishikesh; ²Prof. and Head of Department, Department of Community and Family Medicine, All India Institute of Medical Sciences, Rishikesh; ³Assistant Professor, Department of Community and Family Medicine, All India Institute of Medical Sciences, Rishikesh; ⁴Associate Professor, Department of Community and Family Medicine, All India Institute of Medical Sciences, Rishikesh; ⁵Senior Resident, Department of Community and Family Medicine, All India Institute of Medical Sciences, Rishikesh; ⁶Senior Resident, Department of Community and Family Medicine, All India Institute of Medical Sciences, Rishikesh

Abstract Introduction Methodology Results Conclusion References Citation Tables / Figures

Corresponding Author
 Dr Preeti Usha, Junior Resident (Academic), Department of Community and Family Medicine, All India Institute of Medical Sciences, Rishikesh
 E Mail ID: drpreetusha2012@gmail.com

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Abstract
Introduction: Most of the developing country facing growing number of elderly population because of decrease in fertility and increase in longevity. Elderly age (≥ 60 years) is a period in which people are prone to chronic diseases and their functional independency is probably restricted by physical and mental disabilities. **Aim & Objectives:** To find out the prevalence of physical dependency among elderly in Uttarakhand, India. **Material & Methods:** Activities of daily living (ADL) comprise the basic actions that involve caring for self and body, including personal care, eating and mobility. **Results:** In the present study population of 400, 112 (28%) study population were found to be physically dependent for their daily activities and out of them 63.39% had moderate to severe dependency. **Conclusion:** High level of physical dependency in this study population need urgent attention towards good quality home care and geriatric health care services in India at primary, secondary and tertiary level.

Keywords
 Activities of daily living (ADL); Physical dependency; Elderly

Introduction
 The Indian elderly population is second largest in the world and accounts for about 8.2% (census 2011) of total population and expected to reach 11.1% in 2025.⁽¹⁾ Uttarakhand, a hilly state of North India is witnessing a progressive increase in proportion of aged people from 7.7% in 2001 to 8.9% in 2011.⁽²⁾ Due to increase in the proportion of older population, there is increase in prevalence of non-communicable diseases and other chronic illness as well as communicable diseases. Being one of the vulnerable and high-risk group in view of health status in society, there are many challenges while considering the health care of elderly such as future economic growth, financial integrity of healthcare and pension systems, and the well-being of the elderly.⁽³⁾ With increasing age, there will be generalized deterioration of body structure and functions along with body organ

damage that leads to reduction of physiological functions and dependency.
Aims & Objectives
 To estimate the prevalence of various grade of dependency in elderly population and suggest the measures to be taken for care of this population.
Material & Methods
 The study was conducted in randomly selected Rural and Urban areas of Dehradun district, Uttarakhand between November 2017 to November 2019. Data were collected in Predesigned, pre tested & semi structured questionnaire. All elderly person of the age of ≥ 60 years were included in the study and sample size of 400 were calculated considering morbidity of 64.8%⁽⁴⁾, absolute precision of 10% and expected dropout of 10%. Equal number of participants (200 each) were studied in

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