# ADLs: Activities of Daily Living

## **Guide for Assisted Living**



© 1997, Senior Living University. All rights reserved.

Reproduction or translation of any part of this work, by whatever means, beyond that permitted by Section 107 or 108 of the United States Copyright Act without permission of the copyright owners is unlawful. Inquiries regarding permission for use of material contained in this publication should be addressed to: Senior Living University, 830 Cherry Drive, Hershey, PA 17033

## ◆ Acknowledgments ◆

#### **Activities of Daily Living Guide for Assisted Living**

Thanks and acknowledgment for contributions to the Activities of Daily Living Guide for Assisted Living are offered to the following:

Patricia Albert, R.N., Co-editor Theresa Francese, R.N., C., M.S.N., Co-editor Deborah Price, R.N., C., M.S.N., Co-editor John Patterson, Senior Educator Judith Goodman, Photographer Frank Van Riper, Photographer David D. Peete, Publisher David M. Goldberg, Publisher

> ADLs: Activities of Daily Living Guide for Assisted Living v 1.0

## ♦ Activities of Daily Living Guide for Assisted Living ♦

### **Table of Contents**

Introduction: About This Book	1
Why Should I Read This Book? How to Use This Book	1
Chapter One: ADLs in Your Assisted Living Home	5
Learning Objectives Lesson One: What is an ADL? Lesson Two: Working with Assisted Living Residents Lesson Three: Three Key Principles: Choice, Dignity, and Individuality Self-Check Questions	4 5 7 9 14
Chapter Two: Assisting with ADLs: Before, During, and After	17
Learning Objectives Lesson One: The ADL Process Lesson Two: Before You Begin the ADL Lesson Three: During the ADL Lesson Four: After the ADL Lesson Five: Proper Handwashing in Assisted Living Self-Check Questions	18 19 21 23 25 26 30

ADLs: Activities of Daily Living Guide for Assisted Living v 1.0

Chapter Three: Assisting with Mouth Care33Learning Objectives34Lesson One: Why is Mouth Care Important?35Lesson Two: The Three Key Principles and Mouth Care36Lesson Three: Assisting with Tooth Brushing and Flossing38Lesson Four: Assisting with Denture Care40Lesson Five: Observing and Assessing During Mouth Care42Self-Check Questions43
Lesson One: Why is Mouth Care Important?  Lesson Two: The Three Key Principles and Mouth Care  Lesson Three: Assisting with Tooth Brushing and Flossing  Lesson Four: Assisting with Denture Care  Lesson Five: Observing and Assessing During Mouth Care  42
Lesson One: Why is Mouth Care Important?  Lesson Two: The Three Key Principles and Mouth Care  Lesson Three: Assisting with Tooth Brushing and Flossing  Lesson Four: Assisting with Denture Care  Lesson Five: Observing and Assessing During Mouth Care  42
Lesson One: Why is Mouth Care Important?  Lesson Two: The Three Key Principles and Mouth Care  Lesson Three: Assisting with Tooth Brushing and Flossing  Lesson Four: Assisting with Denture Care  Lesson Five: Observing and Assessing During Mouth Care  42
Lesson Two: The Three Key Principles and Mouth Care  Lesson Three: Assisting with Tooth Brushing and Flossing  Lesson Four: Assisting with Denture Care  Lesson Five: Observing and Assessing During Mouth Care  42
Lesson Three: Assisting with Tooth Brushing and Flossing Lesson Four: Assisting with Denture Care Lesson Five: Observing and Assessing During Mouth Care 42
Lesson Four: Assisting with Denture Care  Lesson Five: Observing and Assessing During Mouth Care  40 42
Lesson Five: Observing and Assessing During Mouth Care 42
Chapter Four: Assisting with Bathing 45
Learning Objectives 46
Lesson One: Why is Bathing Important? 47
Lesson Two: The Three Key Principles and Bathing 48
Lesson Three: The Challenges of Bathing 50
Lesson Four: Assisting with a Bath or Shower 53
Lesson Five: Observing and Assessing During Bathing 55
Self-Check Questions 56
Chapter Five: Assisting with Grooming 59
Learning Objectives 60
Lesson One: Why is Grooming Important?
Lesson Two: The Three Key Principles and Grooming 63
Lesson Three: Assisting with Hair Care 65
— *** *** *** * ** ** *** **
Lesson Four: Observing and Assessing During Hair Care 69
Lesson Four: Observing and Assessing During Hair Care Lesson Five: Assisting with Shaving  70
Lesson Five: Assisting with Shaving 70
Lesson Five: Assisting with Shaving 70 Lesson Six: Observing and Assessing During Shaving 74
Lesson Five: Assisting with Shaving 70 Lesson Six: Observing and Assessing During Shaving 74 Lesson Seven: Assisting with Fingernail Care 75
Lesson Five: Assisting with Shaving  Lesson Six: Observing and Assessing During Shaving  Lesson Seven: Assisting with Fingernail Care  75  Lesson Eight: Observing and Assessing During Fingernail Care  77
Lesson Five: Assisting with Shaving  Lesson Six: Observing and Assessing During Shaving  74  Lesson Seven: Assisting with Fingernail Care  75  Lesson Eight: Observing and Assessing During Fingernail Care  77

Chapter Six: Assisting with Eating and Drinking	83
Learning Objectives	84
Lesson One: Why are Eating and Drinking Important?	85
Lesson Two: The Three Key Principles and Eating and Drinking	87
Lesson Three: Maintaining Fluid Intake	89
Lesson Four: Assisting with Preparation for a Meal	91
Lesson Five: Assisting the Resident in the Dining Room	93
Lesson Six: Observing and Assessing During Eating and Drinking	95
Self-Check Questions	96
Chapter Seven: Assisting with Elimination	99
Learning Objectives	100
Lesson One: Why are Regular Patterns of Elimination Important?	101
Lesson Two: The Three Key Principles and Elimination	102
Lesson Three: Promoting Regular Patterns of Elimination	104
Lesson Four: Assisting a Resident with Elimination	106
Lesson Five: Observing and Assessing During Elimination	111
Self-Check Questions	112
Chapter Eight: Assisting with Moving and Positioning	115
Learning Objectives	116
Lesson One: Why are Moving and Positioning Important?	117
Lesson Two: The Three Key Principles and Moving and Positioning	119
Lesson Three: Assisting with Transfers	121
Lesson Four: Assisting with Changing Positions in Bed	123
Lesson Five: Assisting with Moving from a Bed to a Chair or Wheelchair	124
Lesson Six: Assisting with Moving from a Chair or Wheelchair to a Bed	126
Lesson Seven: Assisting with Wheelchair Transport	128
Lesson Eight: Assisting with Walking	130
Lesson Nine: Observing and Assessing During Moving and Positioning	132
Self-Check Questions	133

ADLs: Activities of Daily Living Guide for Assisted Living v 1.0

Chapter Nine: Assisting with Bedmaking	135
Learning Objectives	136
Lesson One: Why is Bedmaking Important?	137
Lesson Two: The Three Key Principles and Bedmaking	138
Lesson Three: Making an Unoccupied Bed	140
Lesson Four: Making an Occupied Bed	143
Lesson Five: Observing and Assessing During Bedmaking	146
Self-Check Questions	147
Summary: What Have I Learned?	149
Appendix A: Answers to Self-Check Questions	153
Appendix B: Universal Precautions	159