



Activities of Daily Living (ADLs)

Individuals that are aged and/or disabled may need some form of care and assistance. Many individuals choose to remain in the comfortable and familiar environment of their home but require assistance to maintain their regular Activities of Daily Living. In such a situation, individuals can still receive the care they require from a professional caregiver known as a Direct Care Professional.

Direct Care Professional staff are hired by a Personal Care Service agency. Caregiving staff are required to assist with ADLs. These are activities related to personal care. They include bathing or showering, dressing, getting in and out of bed or a chair, walking, using the toilet, and eating. If a participant has difficulty performing an activity by himself/herself and without special equipment or does not perform the activity at all because of health problems, the person is deemed to have a limitation in that activity.

A participant's eligibility for receiving help with Activities of Daily Living is determined by an assessment conducted by the Bureau of Long Term Care, a bureau within Idaho Medicaid. The Uniform Assessment Instrument (UAI) will determine which of the ADLs the participant may require assistance in and the provider agency will develop a participant centric Service Plan that will clearly explain the type of service, the amount of service and the frequency that the service should be delivered.

The Activities of Daily Living outlined in the UAI include bathing, dressing, eating meals, emergency response, medication, mobility, personal hygiene, toileting, and transferring. Additional activities include housework, laundry, meal preparation and shopping.

Caregivers will provide participants with help as identified on the Service Plan. How that help is provided is based on the participants preferences and abilities. The service can be delivered in a variety of methods including monitoring the activity to ensure the client is safe to direct assistance if necessary.

Direct Care Professionals understand that individuals want to maintain independence and freedom where they can. As such, DCP's will not provide unnecessary help simply because they can. For example, seniors may need help with bathing but have no issues with feeding themselves. In such a case, caregivers can provide bathing assistance but will not overstep by trying to help with feeding. The participant centric Service Plan will clearly identify all the areas in which the DCP's may assist the participant with the Activities of Daily Living.