



ACTIVITIES OF DAILY LIVING

Tips And Tricks For The Caregiver



Speaker: Barbara West RN, MSN, CWOCN

OUR TEAM

- Patients/loved ones/care-receivers
- Caregivers
- Family
- Friends
- Hired caregivers
- Nurses
- Aides
- Occupational Therapists (O.T's)
- Physical Therapists (P.T's)
- Speech Therapists (S.T's)



ACTIVITIES OF DAILY LIVING (ADL'S)

- Grooming
- Dressing upper body
- Dressing lower body
- Bathing
- Toileting
- Transferring
- Ambulating
- Eating



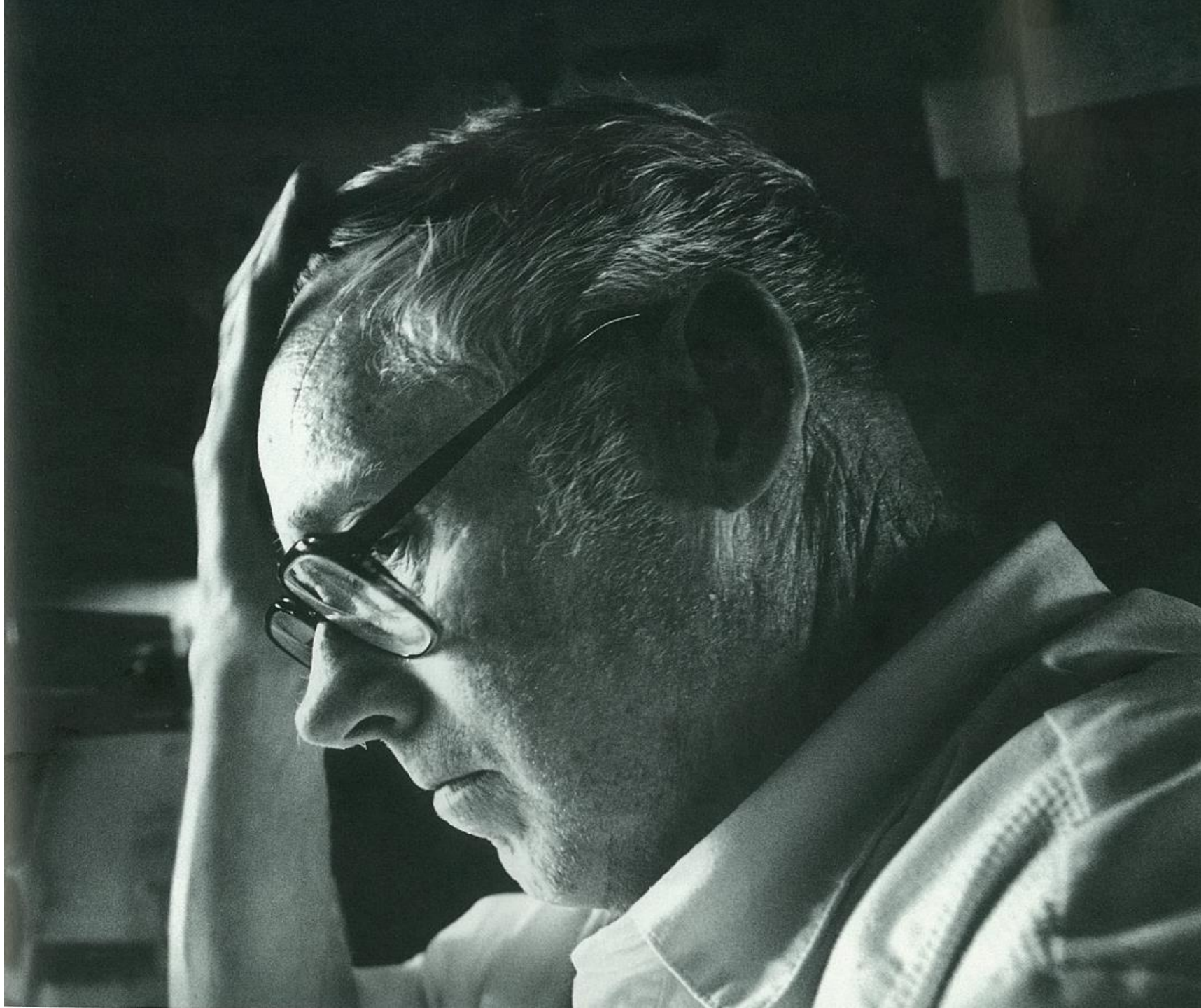
DIFFERENT TYPES OF ADL NEEDS

- Does the person have cognitive or physical disability or both?
- Is the condition stable or temporary/reversible?
- Is it progressing?
- Don't overlook the disability community as a resource!
- Today's presentation focuses on non-bedbound patients
- Trade-off between safety/health and privacy/independence



Partial View
An Alzheimer's Journal

TEXT BY CARY SMITH HENDERSON
PHOTOGRAPHS BY NANCY ANDREWS







BIG PICTURE QUESTIONS FOR ADL CHALLENGES

- Time to move?
- Change caregiving situation or caregiver(s)?
- Health factors
- Environmental modifications
- Tools
- What can a Home Health Agency do?

TIME TO MOVE?

- Accessibility of home entry/exit
- Accessibility within home
- Supported environments, different levels:
- Meals provided
- Personal assistance
- Medication assistance
- Full 24 hour care



CHANGING CAREGIVER SITUATION OR CAREGIVER(S)

INTERMITTENT HELP

- Housework
- Yardwork
- Cooking
- Bathing
- Specific personal care

INCREASING CURRENT CAREGIVING

- Family
- Friends
- Hiring

DIFFERENT CAREGIVER

- Family vs. non-family
- Personality fit
- Experienced caregiver
- Physical strength

ADDRESS HEALTH FACTORS THAT MAY INDIRECTLY AFFECT ADL'S (FOR BOTH CARE-RECEIVER AND CARE-GIVER)

- Denial
- Pain
- Depression (25-30% of Alzheimer's disease)
- Anxiety
- Substance abuse
- Insomnia
- Cardio-vascular status
- Fatigue
- Anemia
- Leg swelling
- Exercise
- Obesity
- Compliance with meds/devices
- Vision
- Hearing
- Underlying infection
- Medications

DEPRESSION

- Situational (e.g. grief) vs. chronic
- Seasonal Affective disorder
- Full-spectrum light therapy
- Medication
- Therapeutic activity
- Music
- Outings
- Social events
- Adult day centers
- Spiritual support
- Attending church
- Home visitors / communion / sacrament of the sick



DEPRESSION

EXERCISE

- Balance
- Coordination
- Flexibility
- Reduces fall risk
- Reduces fracture risk
- Improves mood & self-esteem
- Socialization
- Improves care-giver/receiver relationship
- Reduces agitation
- Improves sleep
- Water exercise may be an option
- Pulmonary gym
- Can exercise even if chair/bed bound!



ENVIRONMENTAL MODIFICATIONS

- Put yourself in their place
- "Simplify, simplify, simplify"
- Simplify pathways, use furniture to define pathways
- Reduce clutter
- Simplicity makes finding hidden/lost items easier
- Don't change too many things at once
- Label drawers with photos
- Improve lighting
- More lighting
- Accessible switches
- Motion activated
- Night-lights
- Eliminate stair-climbing
- Temperature regulation

Environmental Factors: Kitchen

- Non-breakable dishes/cups
- Remove cabinet doors
- Lazy Susan in cupboard
- Tiered/step shelves
- Pull-out shelves
- Jar-openers
- Hooks to hang items in view
- Hot pads
- Mugs
- Colander
- Utensils



Environmental Factors: Kitchen

- Appliances on table instead of counter
- Toaster
- Coffee-maker
- Can-opener
- Pet food on low table instead of floor
- Dispose or lock toxic products
- Choose appliances with automatic shut-off
- Garbage disposal that operates only with cover
- Timers to set limits on stove/appliances
- Scald guard
- Flood alarm

Environmental Factors: Bathroom structural

- Wheelchair accessibility
- Disable door lock
- Grab bars
- Walk-in/roll-in shower
- Fold-down shower seat
- Replace shower door with curtain
- Hand-held shower
- Tub insert (half or full)
- Levers instead of knobs
- Mark faucets "hot/cold"
- Bidet attachment
- Cushion corners/edges with foam pipe insulation





Environmental Factors: Bathroom tools

- Non-skid mat or decals
- Shower chair
- Transfer bench
- Raised toilet seat
- Soap or toothpaste dispenser
- Faucet-grippers
- Mirror issues
- Sound-dampening with curtains, towels, carpet



Environmental Factors: Living Room & Bedroom

- Raising couch/chairs/bed with 2x4's
- Lift chair
- Transfer pole
- Eliminate rugs
- Hospital bed
- Large clock or "talking clock"
- Bedside commode
- Hoyer lift
- Trapeze
- Overbed table (not just for bed, also for w/c, etc.)



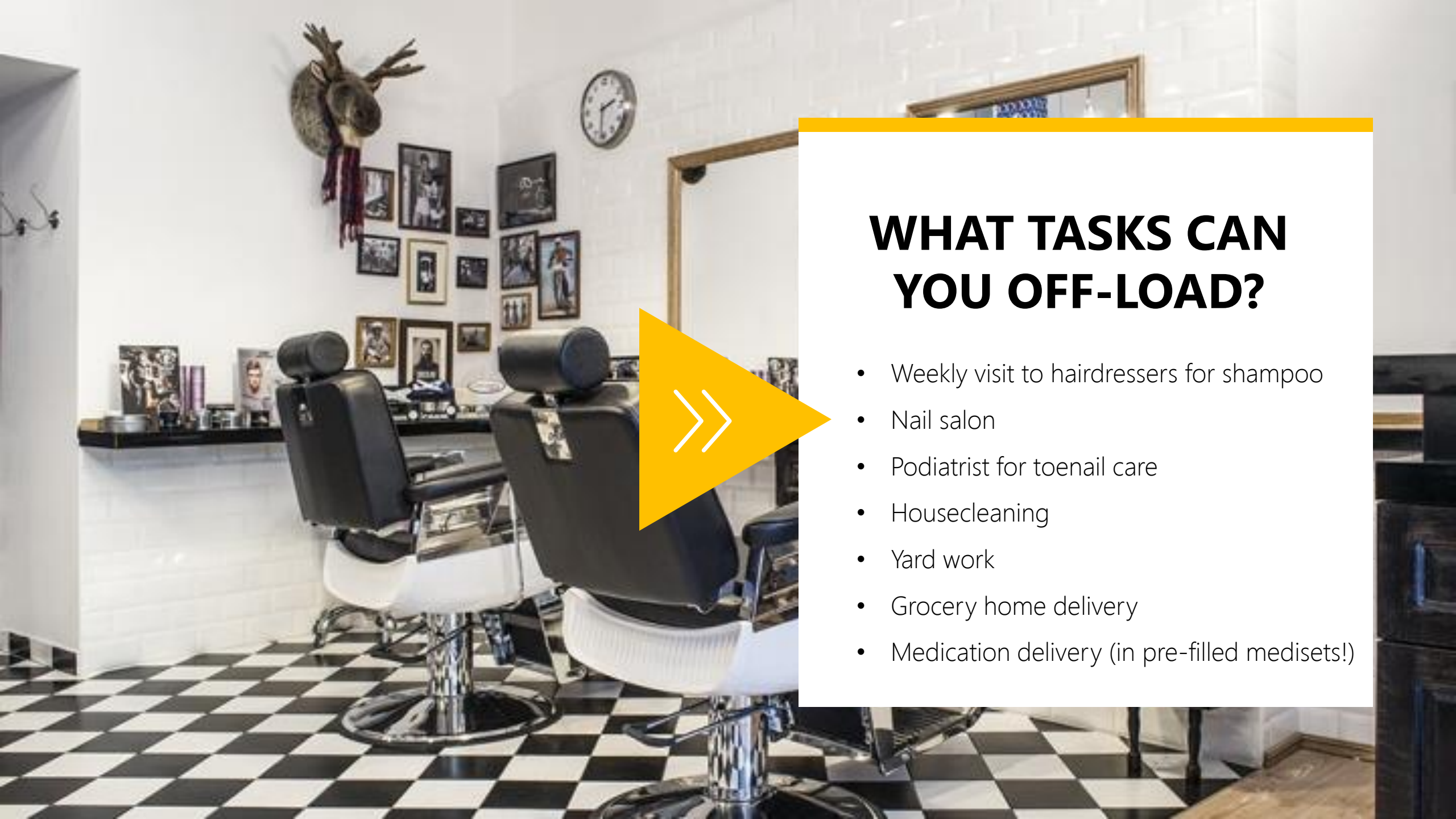
ENVIRONMENTAL FACTORS: ENTRYWAYS

- Ramps
- Lifts (when not enough space for ramp)
- Railings
- Doorknobs – replace with lever-style
- Remove thresholds
- Non-slip strips for stairs, contrasting colors for treads/risers
- Eliminate open-tread stairs

WHAT CAN A HOME HEALTH AGENCY DO?

Continuity Of Staff May Be The Key To Improve Adl's.

- Occupational Therapist
- Physical Therapist
- Nurses: address related health issues
- Aides
- Social Worker -- Advise on making a change?
- more accessible space
- higher level of care
- better match between patient & CG



WHAT TASKS CAN YOU OFF-LOAD?

- Weekly visit to hairdressers for shampoo
- Nail salon
- Podiatrist for toenail care
- Housecleaning
- Yard work
- Grocery home delivery
- Medication delivery (in pre-filled medisets!)



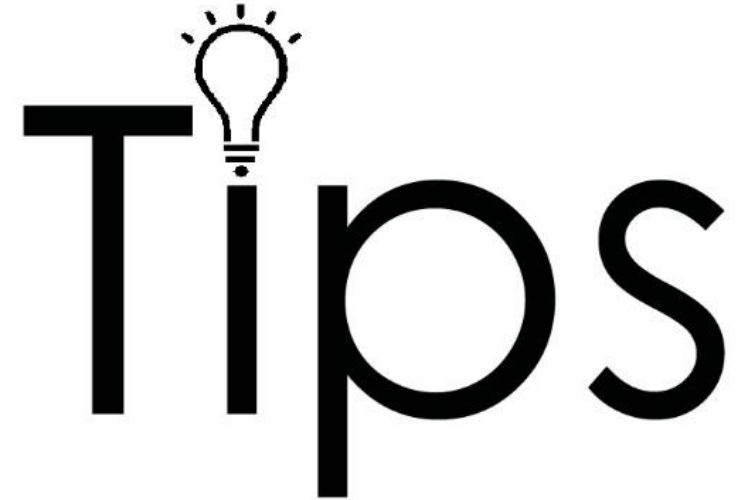


GROOMING

- Washing face/hands
- Dental care
- Hair care
- Shaving/make-up
- Fingernail care

GROOMING TIPS

- Provide comfortable seating in front of mirror
- Second chair for caregiver
- Maintaining identity vs. simplifying
- Simpler/shorter hairdo
- Less make-up
- Shift to electric razor
- Large-handled toothbrush, razor, nail-clippers
- Electric toothbrush
- Foam swab or "toothette"
- Toothpaste dispenser
- Electric razor
- Ask dental hygienist!



Tip

FLOSSING AIDS





DRESSING

- Simplify wardrobe
- Buy a size larger
- Easily washable
- Velcro/elastic
- Zippers or snaps instead of buttons
- Slippers/shoes with non-skid soles
- Tube socks
- Mark front/back
- Button threaders
- Extra long shoe horns
- Sock aids / Donning devices
- Search “adaptive clothing”

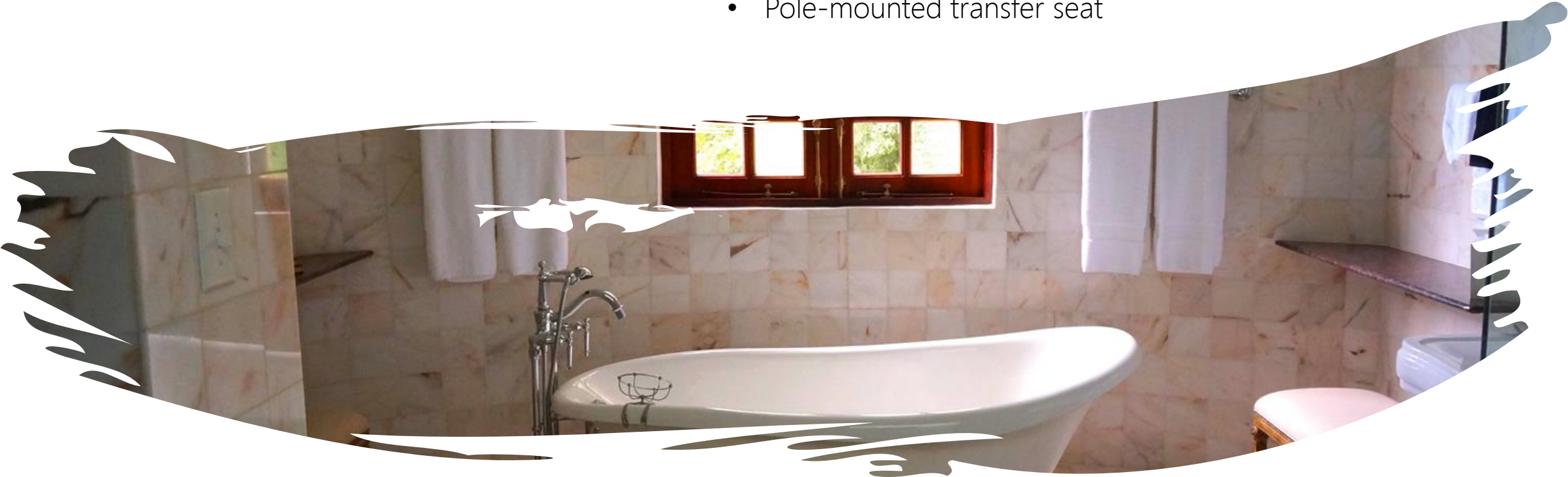


DRESSING

- Lay out clothes in the order they go on
- Buy duplicates of favorite clothes
- Reduce number of items in closet/drawers
- Re-locate off-season clothing
- Photos of items pasted to drawers or open shelves
- Plan ahead and allow plenty of time
- Keep instructions simple

BATHING

- Roll-in shower
- Walk-in bathtub
- Tub insert, partial or full
- Hand-held shower head (with adjustable height holder)
- Shower chair
- Transfer bench
- Sliding bathtub seat
- Pole-mounted transfer seat



Bathing Tips To Maximize Comfort/Success

- Daily bathing not necessary for most
- OK to do upper body one day, lower body next day
- Pick best time of day
- Plan plenty of time, lay out items ahead
- Regulate air/water temperature
- Liquid soap instead of bar soap
- Wall-mounted liquid soap
- Use basin/pan for bathing
- Soak feet in warm water





TOILETING

ENVIRONMENTAL INCONTINENCE

- Raised chair/lift chair
- Bedside/chairside commode
- Urinal
- Proximity to bathroom
- Cane/walker readily available
- Raised toilet seat / toilet seat lift
- Easy access clothing
- Night-light
- Reduce visual clutter in bathroom
- Bell/baby monitor
- Contrasting colors (not all white)

TOILETING: AIMING ISSUES

1

Provide grab bar
to self-stabilize

2

Provide contrasting
color toilet seat

3

Colored electrical
tape to outline toilet
bowl rim

4

"Target" inside
toilet bowl

5

Rubber floor mat

TOILETING TIPS



Scheduled voiding/
Prompted voiding



Watch for signs of
needing to go



Limit fluids
in evening



Resting during
day with feet up
can reduce
nocturia



Invest in a
wet/dry vacuum-
cleaner or carpet
cleaner



Incontinence
pads on chairs,
car seat, etc.



Find a continence
practitioner!
(nurse/O.T./P.T.)

MANAGING URINARY INCONTINENCE

- Avoid alcohol, coffee, artificial sweeteners, other bladder irritants
- Avoid dehydration -- concentrated urine irritates
- Pads / briefs
- Pelvic floor exercises / biofeedback
- General exercise program with core strengthening
- The "knack"
- "Freeze and squeeze"
- Quick flicks
- Screen for infection

MANAGING FECAL INCONTINENCE

- Treat/prevent constipation & diarrhea
- Regular time of day
- Normalize stool texture
 - Avoid foods that cause loose stools
 - Encourage foods that promote formed stools
 - BRAT diet (Bananas, Rice, Applesauce, (white) Toast)
 - Low residue diet
- Antidiarrheal medications
- Ointments to protect peri-anal skin
- “Squatty Potty” or other means to promote pelvic angle
- Many folks with paralysis/neurogenic bowel use a bowel regimen
 - Suppositories or enemas may give more control than oral meds
- Colostomy, last resort option for long-term management

TRANSFERRING

1

Hospital bed

2

Bed rails

3

Pull-rope

4

Trapeze

5

Floor-to-ceiling pole / transfer pole

6

Transfer belt

7

Slide board / transfer board

8

Chair with arms

9

Space to bring heels under chair

10

Lift chair

TIPS FOR SAFE TRANSFERRING

1

Tell her what
you're going to
do before you
do it

2

Get as close
as possible

3

Wide stance,
one foot
slightly in
front

4

Count to three

5

Balance your
own weight,
back straight,
knees bent

6

Use legs,
not back

7

Don't
twist,
pivot

8

Hoyer Lift

9

Ceiling lift







TIPS FOR GETTING IN AND OUT OF CAR

Wheelchair to car transfer:

<https://www.youtube.com/watch?v=MAoEmnBHPdo>

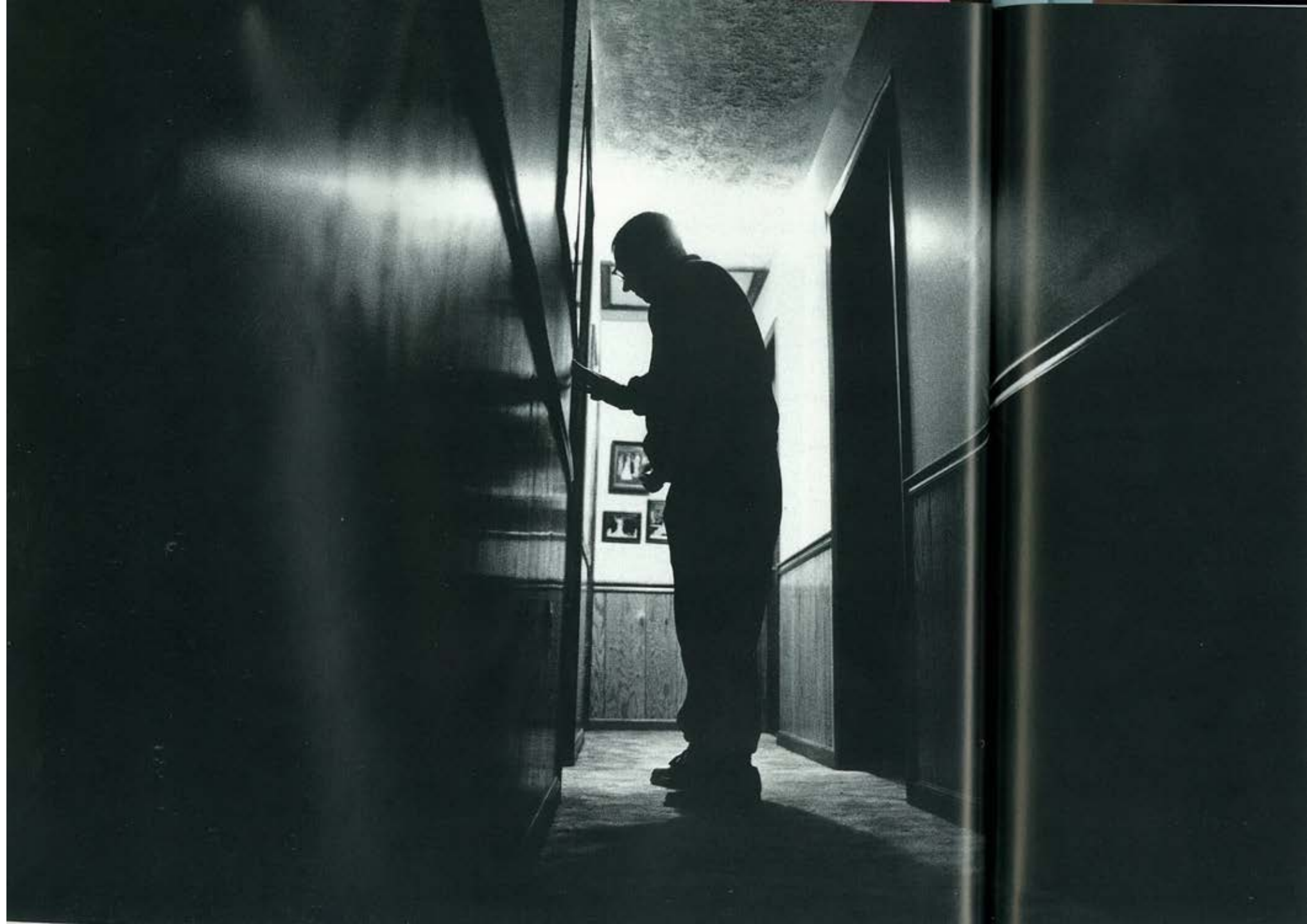
Learn how to correctly transfer and individual from wheelchair to car, car to wheelchair.

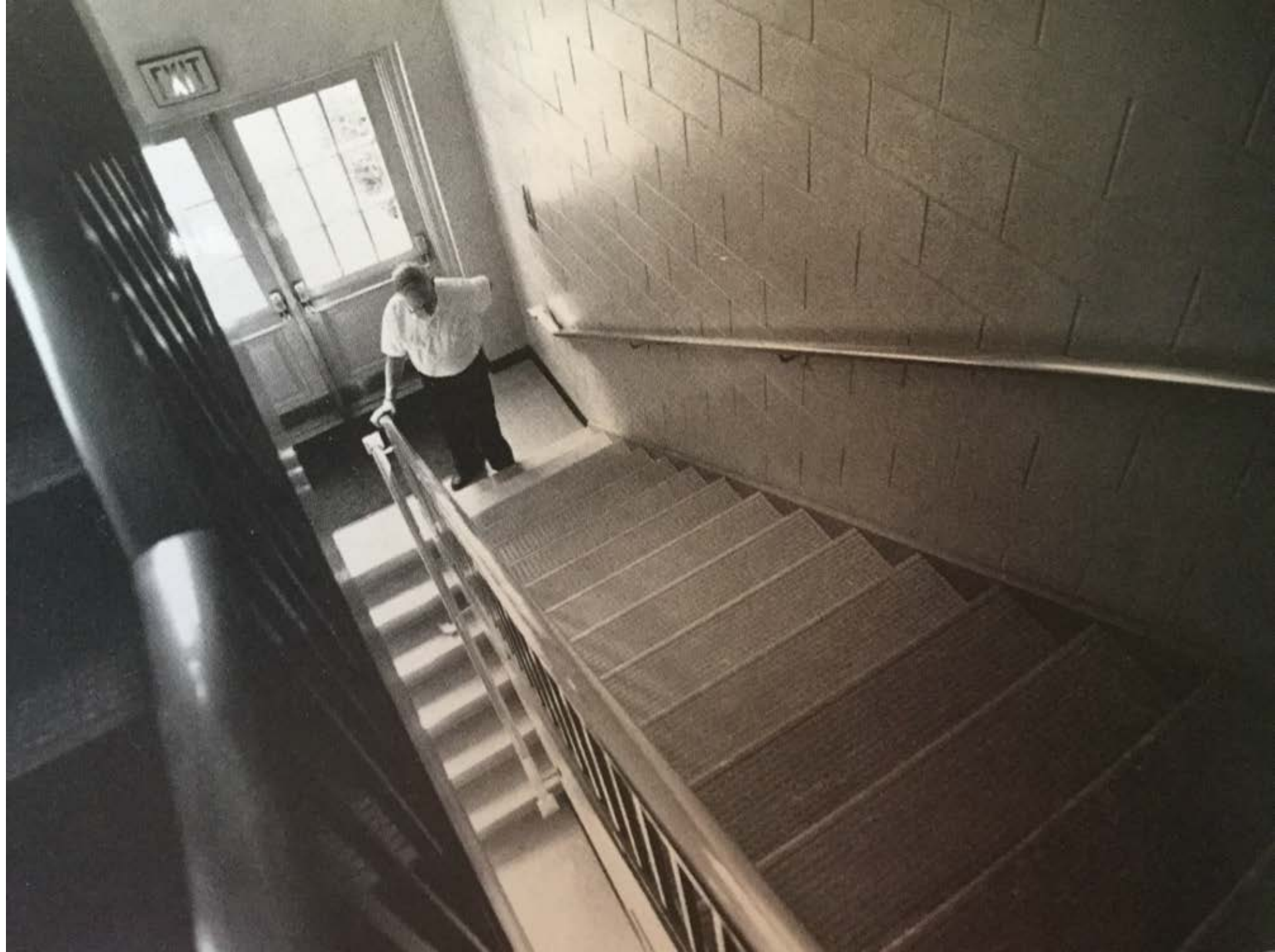
Safe transfer techniques:

http://www.ideasforot.com/?page_id=184 Occupational Therapy: Tips for Safe Transfers, includes car transfers.











AMBULATING

- P.T. eval
- Podiatry eval (calluses, hammer toes, bunions, etc.)
- Well-fitting, well-cushioned, low-heeled shoes
- Pedicure
- Control foot/leg swelling
- Walker (standard, 2-wheeled, 4-wheeled)
- Cane (single-point, quad cane)
- Stair lift
- Walking down stairs backwards
- Environment may be key to success
- Ambulating with assist

MEALTIMES

Social significance

Special place at
the table

Special chair

Have patience with
slow eating

Expecting spills /
poor "manners"



— EATING DEXTERITY ISSUES

- O.T. Consult
- Replace clear glasses with colored cups
- Wide-based cups
- Large-handled or weighted utensils
- Slip-resistant placemats
- Double-handled mugs
- Straw / cup with built-in straw
- Sippee cup
- Bib
- Plan for a mess
 - Plenty of towels/washcloths close-by

EATING

- Larger grips
- Angled handles
- Safety guards
- Dulled points on forks



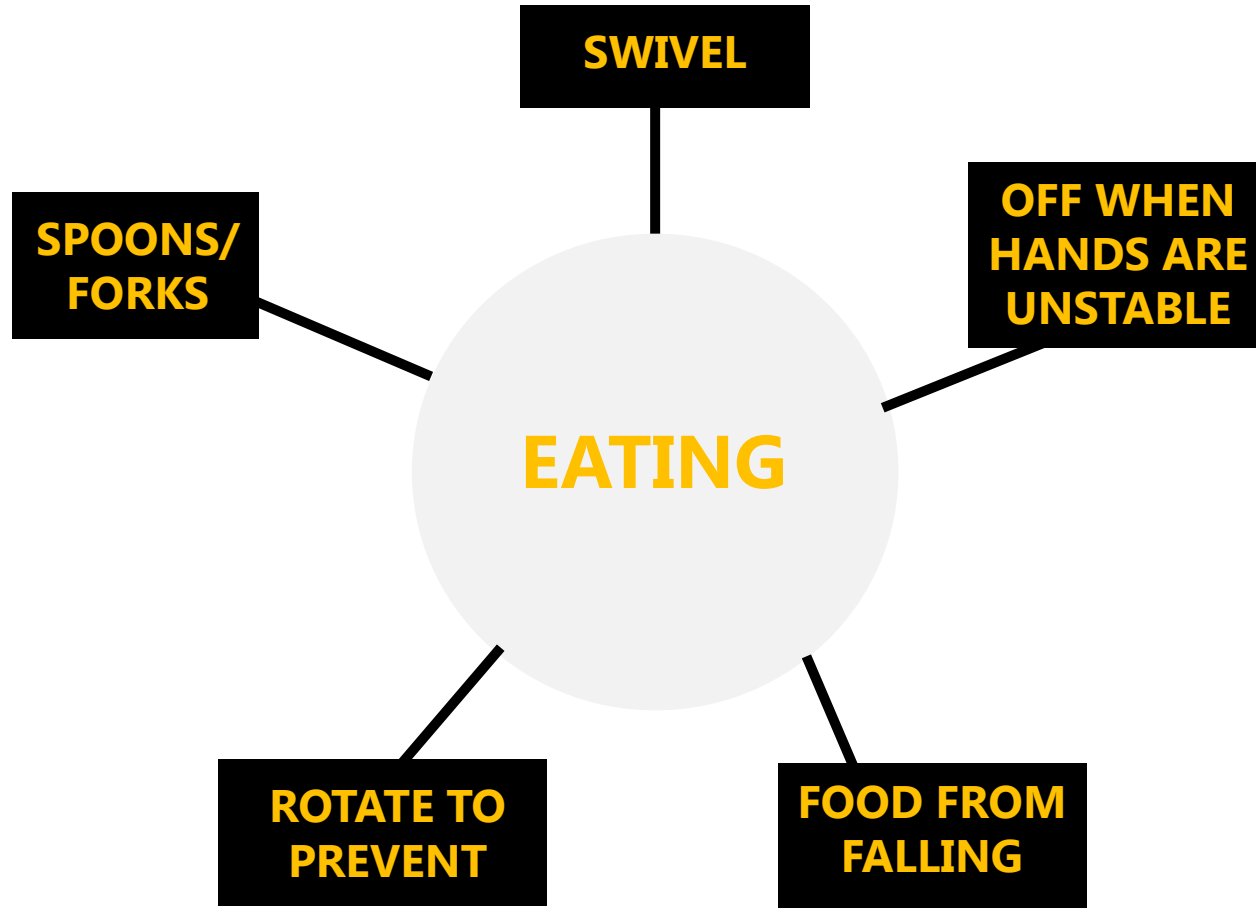
From: \$13.07

Cylindrical Foam in the Standard variety is heavier and denser than both Plastizote Tubing and the economy variety. Heavy-duty rubber-based foam



From: \$29.86

EasieEaters Curved Utensil Sets are angled utensils designed to promote greater success with hand-to-mouth feeding. ****For health reasons we are**





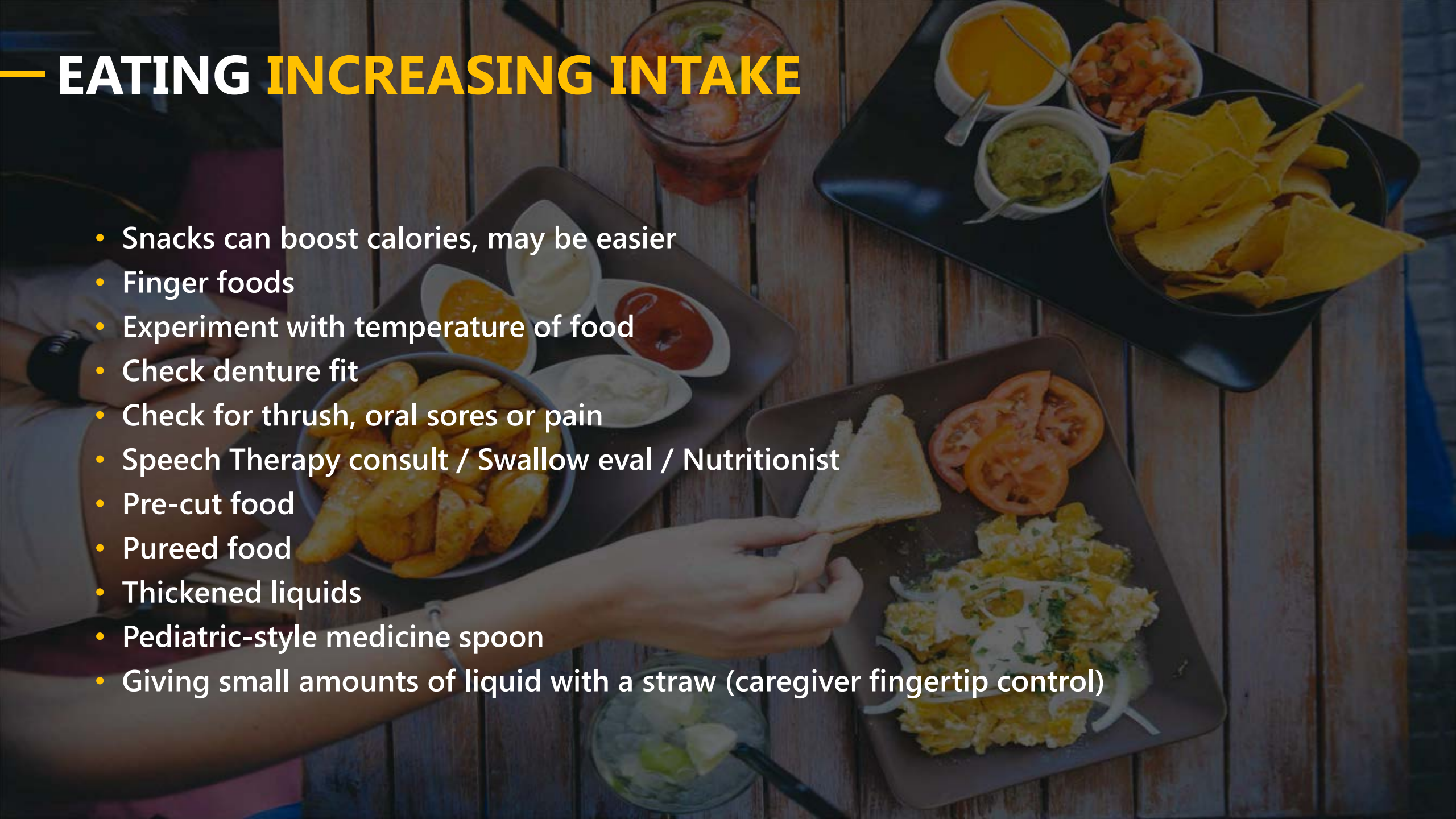
EATING

Plates with
edge-guards

Attachable
edge-guards

— EATING INCREASING INTAKE

- Snacks can boost calories, may be easier
- Finger foods
- Experiment with temperature of food
- Check denture fit
- Check for thrush, oral sores or pain
- Speech Therapy consult / Swallow eval / Nutritionist
- Pre-cut food
- Pureed food
- Thickened liquids
- Pediatric-style medicine spoon
- Giving small amounts of liquid with a straw (caregiver fingertip control)



MISCELLANEOUS TOOLS – THE SKY’S THE LIMIT!

- Reachers
- Mediset or talking pill box
- “Clapper” lights
- Extra-large playing cards
 - Card holders
 - Card shufflers
- Large print crossword puzzles, checkbooks & registers
- Large handled crochet hooks, paint brushes
- Self-threading needles
- Simple cookbooks
 - Diet-specific
- **Technology is not a replacement for human interaction**
 - Emergency call buttons, Tele-Vists, etc.

INSTRUMENTAL ACTIVITIES OF DAILY LIVING (IADL'S)

1

Meal
preparation

2

Transportation

3

Laundry

4

Housekeeping

5

Shopping

6

Telephone

7

Medications







“EXTRA-CURRICULAR” ACTIVITIES TO SUPPORT ADL’S

- Dusting
- Filing papers
- Looking through catalogs
- Rolling yarn
- Watering plants
- Pets, bird-feeders, landscaping that attracts animals/insects
- Music/Art
- Gardening
- Raking leaves
- Cooking (or “supervising”)
- Washing dishes
- Sorting silverware
- Folding clothes/towels/washcloths
- Matching/rolling socks
- Hanging laundry

Do something unexpected. Break the rules. Have fun!

— WHEELCHAIR-ACCESSIBLE GARDENING





TIPS FOR SUCCESS

- Suggest a trial run or time limit
- Choose your battles
- Hugs
- Let the person you are caring for make as many decisions as possible
- Help them admit their memory is poor
- Address spiritual concerns
- Work with healthcare professionals
- Work with others who also care about your loved one
- Take care of your own needs and feelings
 - Recognize when you are overwhelmed



CE Credit

Nursing CE Credit Provided by:

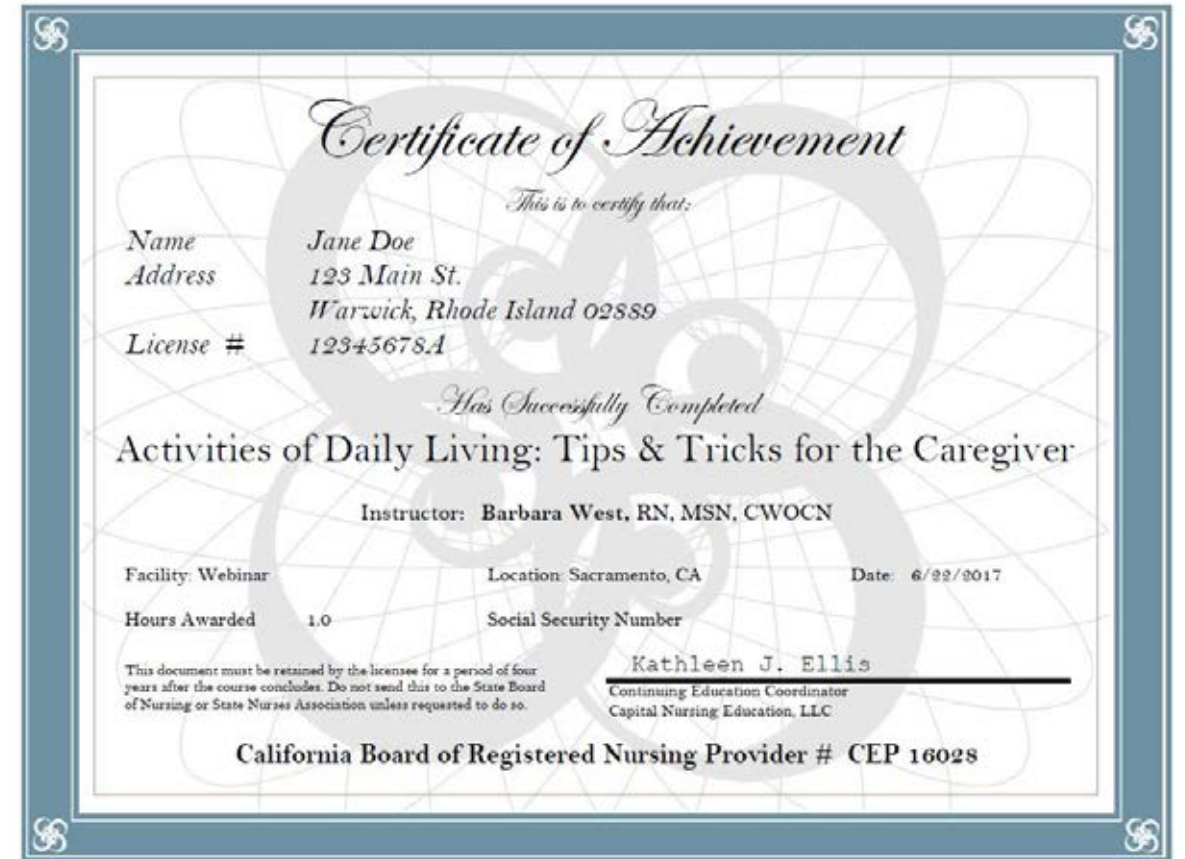
Capital Nursing Education

California BRN provider # 16028

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CE credit will be issued via email directly from Capital Nursing Education within 5-7 business days.

Please be sure to check your spam folder.



Join the Shield HealthCare Community

The screenshot displays the Shield HealthCare website interface. At the top, the logo is on the left, and navigation links for 'About', 'Community', 'Customer Care', 'Products', and 'Services' are in the center. A search bar is on the right, along with links for 'Español' and 'Contact Us: 800.765.8775'. The main content area features a large article titled 'How to Put On an Adult Diaper' with sub-points: '+ Resources for Dads of Children with Special Needs' and '+ Infection Control: Safe Work Practices'. To the right, a 'LATEST STORIES' section lists several articles. Below this, there are three category tiles: 'Nutrition' (with a diagram of syringes and an article 'ENFit® Q & A: When will ENFit Syringes be Available?'), 'OstomyLife' (with an image of a person and an article 'Bad Day Coping Mechanisms'), and 'Urological' (with an image of a catheter and an article 'Appropriate and Inappropriate Use of Indwelling Urethral Catheterization (IUC)'). At the bottom, there are two more category tiles: 'Caregivers' (with an image of a woman) and 'Spinal Cord Injury' (with an image of a person on a bridge). A final 'Incontinence' tile is partially visible on the right.

Shield HealthCare

About Community Customer Care Products Services Search...

Español Contact Us: 800.765.8775

How to Put On an Adult Diaper

- + Resources for Dads of Children with Special Needs
- + Infection Control: Safe Work Practices

LATEST STORIES

- Bad Day Coping Mechanisms
- How to Remove an Adult Diaper
- Healthy Arteries Rare But Not Impossible For Elderly
- Breastfeeding FAQs: Part I
- Spokane Urology at Forefront of Kidney Cancer Treatment
- Special Needs Child: Toilet Habits
- Webinar: Activities of Daily Living - Tips & Tricks for the Caregiver

Nutrition

Catheter Tip Syringe
Luer Lock Syringe

ENFit® Q & A: When will ENFit Syringes be Available?

Home Tube Feeding: Why You Need a Registered Dietitian

What You Should Know if You're Considering Homemade Tube Feeding for Your Child

How to Transition From Tube Feeding to Eating by Mouth

OstomyLife

Bad Day Coping Mechanisms

Tips for Swimming With an Ostomy - More Security | Ask Laura

I Don't Want an Ostomy Bag - Top Concerns for Those Facing Ostomy Surgery

Going Back to Work After Ostomy Surgery

Urological

Appropriate and Inappropriate Use of Indwelling Urethral Catheterization (IUC)

New Urology Center to Open Near St. Joseph Hospital

Managing My Neurogenic Bladder

How to Safely Catheterize in a Public Restroom | Ask Aaron

Caregivers

Spinal Cord Injury

Incontinence

You can find more useful information in our online communities at:

shieldhealthcare.com/community

View past and upcoming webinars at:

shieldhealthcare.com/webinars



INTERNET RESOURCES

Driving -- <https://www.caring.com/articles/when-to-stop-driving>

Wheelchair to car transfer: <https://www.youtube.com/watch?v=MAoEmnBHPdo>
Learn how to correctly transfer and individual from wheelchair to car, car to wheelchair.

Safe transfer techniques: http://www.ideasforot.com/?page_id=184
Occupational Therapy: Tips for Safe Transfers, includes car transfers

Continence-specific resources:

National Association for Continence: <https://www.nafc.org/>

Find a pelvic health practitioner:
<https://pelvicguru.com/2016/02/13/find-a-pelvic-health-professional/>

Herman & Wallace practitioner directory:
<https://hermanwallace.com/practitioner-directory>. Herman & Wallace is a leading educator for pelvic health practitioners. They maintain a list of providers who have taken their classes.

Incontinence Support Resource Center:
<http://www.incontinencesupport.info/>



INTERNET RESOURCES

Eldercare Locator: eldercare.gov 800-677-1116. Links to local area agencies on aging that oversees local services.

Family Caregiver Alliance: caregiver.org 800-445-8106. Provides information on topics for caregivers. Family Care Navigator helps find local resources in your area.

Paying for Senior Care: <https://www.payingforseniorcare.com> 641-715-3900 Ext. 606151#, Provides tools, information and creative ideas which help families and caregivers discover the means to care for their elderly loved ones.

Resources for Rehabilitation: <http://www.rfr.org>. A source for publications that enable people with disabilities and chronic conditions to remain independent.

This Caring Home: thiscaringhome.org. Provides detailed, room-by-room safety tips and reviews of products. National Rehabilitation Information Center: <http://www.naric.com/> 800/346-2742 (V) 301/459-5984 (TTY) The Alzheimer's Store: alzstore.com or 800-752-3238. Sells products for people with dementia. Even if you don't buy, can give you ideas for things you can do yourself.

Nancy Andrews, photographer, website: <http://www.nancyandrews.com/>

Also look for disease-specific resources and support groups! Contact your local Area Agency on Aging!

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QUESTIONS?