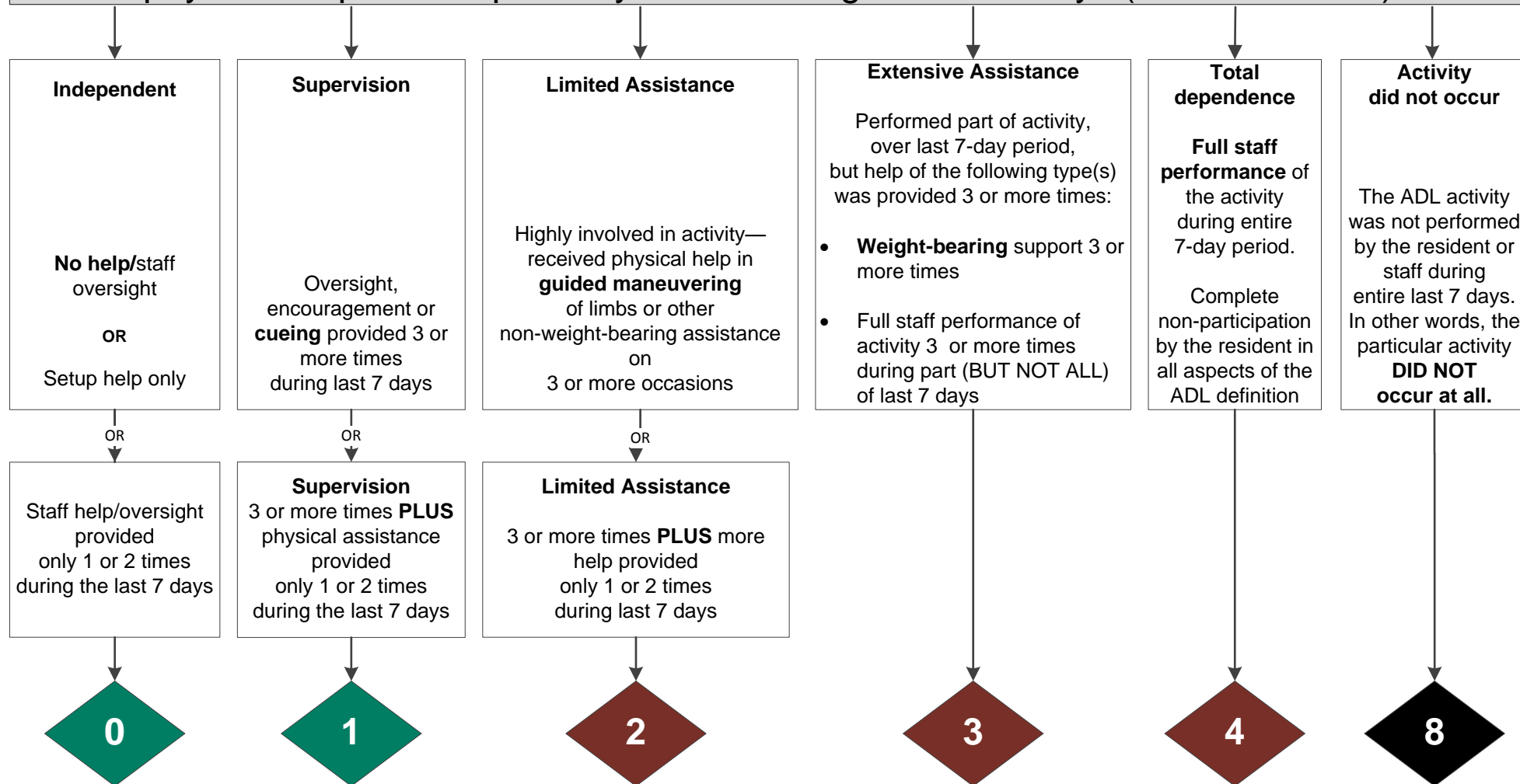




Documenting Activities of Daily Living (G1)

ADL Self-performance (G1A): what the RESIDENT actually did and/or how much verbal or physical help was required by others during the last 7 days (over ALL shifts)



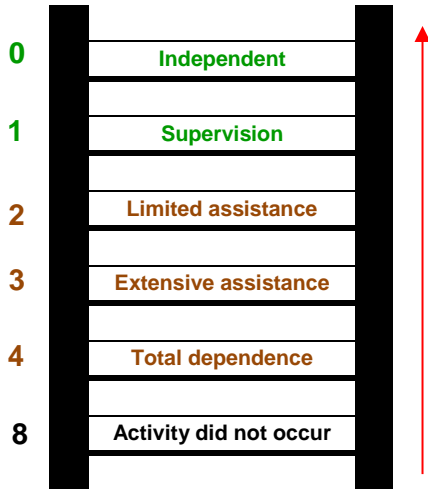
Performance-Based Scale

Codes 0 and 1—non-physical assistance (exception: 1 or 2 times of physical assistance)

Codes 2, 3 and 4—physical assistance

Documenting ADL (G1)

ADL Self-Performance (G1A) Step Ladder—There will be times when no one type or level of assistance is provided to the resident three or more times during a seven-day period. You may find this job aid helpful in these situations.



When three episodes occurred at one level, follow steps 1 and 2.

Step 1	Indicate the level at which the resident performed the activity and how often the activity occurred (if the activity was performed at different levels, indicate how often for each level).
Step 2	When three or more episodes occurred at one level, code for that level.

When three episodes did NOT occur at one level, follow steps 1, 3 and 4.

Step 3	Start at the <i>lower</i> level on the step ladder (most dependent episode) and work <i>up</i> the steps of the ladder to a count of three episodes.
Step 4	Code using the least dependent episode.



ADL Subtasks—You may find these examples of subtasks helpful when assessing how the resident performs these activities of daily living (G1 and G2). This is not a comprehensive list of tasks and subtasks. Also refer to the ADL definitions in the *RAI-MDS 2.0 User's Manual*.

Transfer (G1b)	Walking and Locomotion (G1c, G1d, G1e, G1f)	Dressing (G1g)	Eating (G1h)	Toilet Use (G1i)	Bathing (G2)
Positions self in preparation	Walks in own room <input type="checkbox"/> In w/c	Clothes ▪ Locates ▪ Selects ▪ Obtains	▪ Opens ▪ Pours ▪ Unwraps ▪ Cuts	Use of toilet, including commode, urinal, ostomy and catheter	Lathers body (except back and hair)
Prepares chair/bed ▪ Locks brakes ▪ Moves covers	Walks on unit <input type="checkbox"/> In w/c	Upper/lower body ▪ Grasps ▪ Puts on	Moves to mouth ▪ Utensils ▪ Cups	In preparation ▪ Removes clothes ▪ Opens clothes	Rinses body (except back and hair)
Transfers ▪ Stands ▪ Sits ▪ Lifts ▪ Turns	Walks in corridor or other location	Manages ▪ Snaps ▪ Zippers ▪ Buttons ▪ Other	Food ▪ Scoops ▪ Spears ▪ Tube feed ▪ TPN	▪ Transfers self ▪ Positions self	Dries with towel
▪ Repositions ▪ Arranges self	Walks throughout building (uses elevator) <input type="checkbox"/> In w/c	Each item ▪ Grasps ▪ Removes Replaces clothes properly	Uses fingers when necessary	Changing of pads Cleans self ▪ Tears paper ▪ Uses paper ▪ Adjusts clothes	▪ Transfers into tub ▪ Transfers out of tub
Other	Other	Other	Other	Other	Other

Source

Adapted from Canadian Institute for Health Information, Resident Assessment Instrument (RAI) MDS 2.0 © User's Manual Canadian Version, Addendum-Original Resident Assessment Protocols (RAPs), (Ottawa, Ont.: CIHI, November 2011)