

## Assessment Comment Examples 11/2016

### ❖ Why is there a need?

- ▶ It may not be necessary to describe this in each ADL/IADL, however the “why” needs to be clear in the assessment, synopsis, diagnosis tab, etc. For Cognition/Behavior, an example of “why” the need exists should be documented.

### ❖ How frequent is the need?

- ▶ Be specific. Words or phrases, such as, ‘occasionally’, ‘at times’, ‘only on bad days’, are not specific enough.

### ❖ How is the assistance being received?

- ▶ Try to describe what the provider is doing instead of just stating the assist type (hands on assistance, stand-by assistance, cueing, etc.).

### ❖ Documenting Cognition-

- ▶ Provide an example of the need that ties to health and safety.
- ▶ Explain how the provider is assisting the individual with the above example.
- ▶ Describe the frequency whenever applicable.

### **Ambulation:**

Assist: Consumer and facility staff states the consumer gets so tired and weak following her dialysis treatments which she receives 3 days a week. By the end of the day that even with the use of her walker staff must walk beside her and steady her using a gait belt when going to and from the dining room and her room. Facility service plan documents the same level of care.

Full Assist: Consumer has late stage MS and is no longer ambulatory on his own. The consumer must be pushed in his manual wheelchair each time throughout the task due to persistent issues with dexterity, coordination and weakness. He is unable to manage any part of the task on his own without hands on assistance. This is documented on the facility service plan as well as reported by staff.

### **Transfer:**

Assist: Consumer needs hands on assistance each Monday, Wednesday and Friday following his dialysis treatment due to weakness and poor balance. On these days, his HCW must use a

gait belt to aid the consumer in rising from his chair and bed.

Full Assist: Consumer is a person with quadriplegia is non weight bearing and has no range of motion when transferring. HCW is unable to lift him and must use a Hoyer lift each time to get him safely from his bed to his wheelchair or vice versa. This task is required at least 4 times per day and takes approximately 15 minutes each time.

### **Eating:**

Assist: Consumer likes to manage as much as she can on her own, however typically she does not have the strength or dexterity to finish the meal on her own. HCW will physically feed the consumer when this occurs, which takes the HCW about 5-10 minutes 3 times a day. She also has tremors which limits the amount and type of food she is able to put in her mouth.

Full Assist: Consumer always requires direct feeding due to the consumer's cognitive impairments. Even with attempts at cueing, the consumer will not respond appropriately requiring the HCW to physically feed him each time. Consumer also has choking issues and the HCW has to swipe the consumer's throat to remove food at least once every 2-3 days.

### **Bladder:**

Assist: Consumer states that she uses briefs for incontinence at night and wakes up every morning wet. The HCW must change her brief each morning as she is unable to complete this task on her own due to left side paralysis and limited range of motion.

Full Assist: Consumer states she does not have the sensation to urinate and wears incontinence briefs. She is unable to change her briefs and is dependent on her care giver to change her every time she urinates due to upper and lower body paralysis. 6 x's a day x 15 min. = 90 min. per day with 1 HCW.

### **Bowel:**

Assist: Due to the consumer's history of bowel blockage which typically occurs 1-2 times a week an enema is required. The HCW must complete the enema due to the consumer's pain and limited range of motion.

Full Assist: Due to paralysis, consumer uses an ostomy for his daily bowel program. The consumer has no range of motion or strength to complete this task, requiring the HCW to perform all phases including emptying, cleansing the affected area and changing the bag. The task must be done twice a day and takes the HCW about 10 minutes each time.

## **Toileting:**

Assist: Consumer can walk to/from the toilet independently and generally transfer himself on/off the toilet. Due to his back pain and rotator cuff limitations, the HCW needs to cleanse the consumer after a bowel movement each time. Consumer states he typically has a bowel movement each morning and schedules his HCWs to assist.

Full Assist: Consumer has muscle weakness throughout his body due to myofibril myopathy. Due to this weakness, the HCW must use a Hoyer lift to move him to/from the bathroom and transfer on/off the toilet. The HCW will also physically cleanse and adjust his clothing each time due to his muscle weakness. Task takes approx. 30 min. each time 6 x's a day.

## **Adaptation:**

Assist: The consumer continues to grieve a few times a week, calling out for her spouse that passed away several years ago. Provider must console and attempt to redirect her during these times, as the consumer will otherwise not complete other ADL/IADL tasks.

Full Assist: Consumer continues to struggle with living in the memory care unit after three years, as she screams and becomes agitated on a daily basis, multiple times a day. She becomes frustrated when she can't do things she used to in her own apartment. Staff must continually calm her down and redirect her during these episodes.

## **Awareness:**

Assist: Prior to moving into the Adult Foster Home, the consumer was living alone in his own apartment. He did not recognize when food became spoiled or when shopping trips were needed. Family reported that he was not aware of the need to pay his bills. However, the consumer is aware of daily routines such as feeding himself, dressing appropriately, etc. The AFH provider must bring these needs to his attention. This prompts the consumer to complete these tasks multiple times per month.

Full Assist: The consumer is entirely unaware of his basic health/safety needs. Prior to moving to the facility, he was found in his home where he lived alone, in his soiled underwear and no other clothing. He is not aware of the need to wear appropriate clothing or when he soils himself. He is also not aware of the need to eat or manage basic daily activities. Facility staff must ensure that he is appropriately dressed and uses the bathroom whenever necessary multiple times a day to ensure his health and safety needs are met.

## **Judgment:**

Assist: HCW says the consumer, multiple times per month, will make choices that she does not comprehend what the results may be. For example, she will sometimes eat a high amount of sugary foods (and is a diabetic). Despite being explained what the risks are in doing this. She does not comprehend the information provided or any possible negative consequences. The HCW must redirect the consumer when this type of activity is occurring.

Full Assist: Consumer does not understand the concept of decision making or the consequences of her actions. When she lived in her own home, she would regularly invite strangers in her home for a visit. She would also regularly give away her money without realizing that she was unable to pay any bills or meet her basic needs. These and other similar behaviors will happen on a daily basis if she had no supports. Staff must continually redirect her when she attempts to give away her money or invite strangers into her room or the facility.

## **Memory:**

Assist: Consumer has been diagnosed with Alzheimer's and has difficulty remembering or using information, particularly in the afternoon & evening. At these times, she is reminded to eat and where the dining room is, as well as when it is bedtime. She will complete tasks as needed when she is reminded by her provider.

Full Assist: Consumer does not respond to any reminders provided. For example, when it is time to go to a doctor's appointment, she is reminded of it but will not respond. The provider must assist her with getting dressed and ready to go. She also does not respond when she is reminded to take medications, so her provider will get her a glass of water and her medication, hand it to her, and tell her that she needs to go ahead and take it.

## **Orientation:**

Assist: Consumer believes her provider that assists her with bathing three times a week is a stranger, even though the same provider has been assisting her for more than a year. Consumer resists bathing each time, requiring the provider to re-orient her until consumer recognizes or accepts who is providing the care. Consumer otherwise does not have any needs that require orientation.

Full Assist: Consumer believes he still lives in his home in California and doesn't comprehend that he lives in a memory care unit in Oregon. This causes issues as he walks daily into other resident's rooms as he thinks it's his home. Providers must redirect and orient him daily to keep him safe and out of other resident's rooms.

## **Danger to Self or Others:**

Assist: Facility staff report that the consumer can be very disruptive during the evening meal. If another resident is sitting at a table where the consumer wants to sit the consumer becomes verbally aggressive and loud, until the other resident leaves. Staff get him refocused on eating his meal and remind him that his favorite T.V. show is on after dinner.

Full Assist: The consumer has unpredictable episodes of physically aggressive behavior, with a history of hitting both staff and other residents. This facility has been trained in addressing his behavior by talking to him calmly until he settles down. This placement has been stable for 9 months. Behavior Care Plan in file.

## **Demands on Others:**

Assist: The AFH provider states the consumer frequently becomes fearful at night, yelling loudly disturbing other residents in the home. Provider will take consumer to the kitchen for hot chocolate and talk to reassure him until he feels safe to return to his bed.

Full Assist: Consumer constantly talks and yells. His behavior is not directed toward anyone, and is unintelligible for the most part. Consumer goes into the kitchen and other resident's rooms and rearranges the area. His behaviors require him to have his own room as he will otherwise continually agitate other residents. This occurs multiple times daily, and staff are constantly redirecting him by distracting him with his favorite game. Behavior care plan is in file.

## **Wandering:**

Assist: Consumer aimlessly walks in the home. She is monitored by staff for safety reasons. She does not attempt to elope or otherwise put herself in any danger.

Full Assist: Consumer attempts to open the door to the facility to go outside for no specific reason. She does not recognize any needs for safety as she will cross the street in traffic. Staff must ensure that doors are locked to prevent her from going outside unassisted.

## **Bathing:**

Assist: The consumer requires the provider to physically help him with getting in and out of the shower each time due to muscle weakness in his legs. Once he is in the shower, he can manage the task himself. Without his HCW he is unable to manage on this own so he chooses to wipe himself off with a wet wipe on days his HCW is not scheduled.

Full Assist: Consumer is restricted to her bed and is unable to reach her hair or cleanse herself properly. The provider completes a daily sponge bath to meet this need. HCW uses a small plastic tub for washing wash her hair three times a week. Daily cleansing takes approx. 10 minutes, but on the days she needs her hair washed it takes approx. 25 min. This task can be completed with 1 HCW.

### **Personal Hygiene:**

Assist: Consumer states she is able to put her dentures in and take them out but due to blindness she needs the HCW to adequately clean them for her at least every other day.

Full Assist: AFH care plan notes indicate the need for someone to brush the consumer's teeth and provide shaving each time that it is needed. Consumer, due to cognitive limitations, does not understand the need to manage personal hygiene needs and will not complete any of the related tasks on her own unless the provider physically does it for her.

### **Dressing:**

Assist: Facility staff states they take the consumer's shoes, socks, and ted hose on and off each time, as she is unable to bend down far enough to do this due to severe back pain, swelling of the feet and tightness of the ted hose. She states she usually wears a loose dress and is able to take that on and off on her own each day.

Full Assist: Provider states the consumer prefers picking out her own clothing. However, someone must fully dress and undress her each time as she has no physical strength to do on her own. She is unable to participate in any part of the task and without a HCW the task would not occur. The task takes approx. 20 minutes twice a day every day and can be managed with 1 provider.

### **Grooming:**

Assist: Consumer is able to trim his own fingernails, and requires no hair care because he is bald. He is unable to clip his toenails because he gets dizzy and falls out of his chair if he bends over. His HCW trims his toenails approximately every 2 weeks.

Full Assist: Due to his hands being severely contractured, consumer is not able to hold his clippers or his comb to complete his hair or nail care. The HCW will brush his hair daily and trim his nails whenever needed.

## **Housekeeping:**

Assist: Due to the inability to stand for long periods of time and range of motion limitations, the consumer is unable to complete tasks such as vacuuming, throwing out the trash, or putting dishes away. The provider must assist with these tasks. The consumer is able to manage tasks such as putting some things away and dusting.

Full Assist: The consumer reports she is in constant chronic pain and does not have the strength or endurance due to obesity and severe shortness of breath to manage any housekeeping tasks at any given time. The provider must provide all housekeeping tasks for her.

## **Laundry:**

Assist: Consumer is able to put clothes away and transfer from the washer to the dryer but needs assistance gathering clothes, loading the washer and folding the clothes due to poor endurance and limited range of motion. HCW helps with laundry tasks each week.

Full Assist: Consumer has problems with remembering how to do things and in which order they should be done. For example, he puts clothes in the dryer then the washer and will not know how to get them dry. He often forgets to put laundry soap in the washer and has on occasion poured bleach into the washer as he thought it was soap. HCW does all laundry tasks each time it is needed which is about every other day. Consumer will hold pieces of laundry and set them down, as he does not understand what to do with them.

## **Breakfast:**

Assist (Minimal): Consumer is able to prepare his breakfast if it is on the table. He is unable to carry food to the table using his walker. HCW sets the food on the table, he generally eats toast, toaster waffles, or cereal. He also needs help to clear the table after each meal.

Full Assist: Due to the consumer's neuropathy in her lower extremities which is extremely severe in the morning, she is unable to stand at the counter to prepare breakfast. Also her hands are severely contractured making it impossible for her to participate.

## **Lunch:**

Assist (Substantial): Consumer can stand for a short period of time to prepare a portion of his meal, he does not have the strength to gather or prepare most of what he needs. Consumer receives 3 home-delivered meals each week. His HCW packages individual servings of leftovers in Tupperware containers so the consumer can heat up the leftovers for himself (without needing to open cans, or dirty additional dishes) on days that the HCW isn't there.

Full Assist: Consumer is not able to stand in her kitchen and her countertops are too tall for her to reach from her wheelchair. Consumer's grip strength is not sufficient to unscrew lids, squeeze condiment bottles, and move pots/pans containing food or use utensils. Consumer's kitchen is too small for her to open the refrigerator door while in her wheelchair. The HCW must provide all meal preparation related tasks.

### **Dinner/Supper:**

Assist (Substantial): Consumer is unable to reach most kitchen utensils and appliances from her wheelchair, however she is able to prepare some ingredients if put in front of her at the kitchen table. The provider assists with most of the meal preparation.

Full Assist: Consumer has no strength, range of motion, or the ability to stand for any length of time. The provider must physically prepare all of her meals for her.

### **Medication Management:**

Assist (Substantial): Consumer is able to take her own medications each time without being monitored, but is unable to set them up as she struggles with following the directions that were provided due to some cognitive limitations. Her HCW orders and sets them up for her in a weekly med minder.

Full Assist: Due to severe cognitive impairment, the consumer does not comprehend the need to take medications, when they have to be ordered, or remember to take them. He depends on his caregivers to set up, administer, and order all of his meds for him. This includes all tasks of his medication management.

### **Shopping:**

Assist (Substantial): Consumer is able to travel to the grocery store with her HCW, but she needs to use a motorized scooter to get around the store and is limited to putting only items she can reach into her cart. She cannot stand up and lean to get a package of meat for example from a cooler or sort through fruit in a produce display. Her HCW must retrieve all items that are not on middle shelves.

Full Assist: Consumer is not able to shop anymore. Due to her aphasia she is only able to give her HCW vague ideas of what items she wants purchased, and due to her hemiparesis she is not able to sit upright in or steer a motorized cart. Also, she is not strong enough to place items into her cart. She cannot manipulate her wallet to pay for groceries, and she cannot place them in her car or store them when she gets home. HCW completes all shopping tasks for her.



## **Transportation:**

Assist (Minimal): The consumer is capable of arranging his own transportation and does not need an escort during the ride. However, he needs physical assistance in/out of the vehicle due to poor endurance and severe pain.

Full Assist: The consumer is not cognitively capable to arrange transportation and requires someone to be with her at all times during the ride. She is unable to direct where or when her appointment is. Consumer also requires someone to physically help her in/out of the vehicle as she uses a wheelchair during the ride.

## **Live-In Services:**

Physical: The consumer's multiple sclerosis has progressed to the point where repositioning is required almost every hour of the day to stay sitting in her wheelchair. She also requires changing her incontinence supplies at least ten times a day due to her frequent urination needs. The provider physically assists with all of these tasks.

Cognition: The consumer is continually demonstrating physical and verbal behaviors towards others on a daily ongoing basis. He frequently attempts to leave the home on his own. History has shown this is dangerous as he demonstrates physical and verbal behaviors to anyone he encounters, requiring police intervention. A provider must be present to continually redirect him every waking hour of the day.