

T Level in Health

Activities of daily living

Lesson one

Presenter name

Time and date

Location

01

Supporting activities of daily living
What are they?

Aims

To explore activities of daily living.

To consider adaptive aids to support individuals.

To deliver support in a simulated scenario.

Activities of daily living (ADLs)

What does “activities of daily living” mean ?

List your thoughts about the term “activities of daily living”.

You have two minutes to complete this.



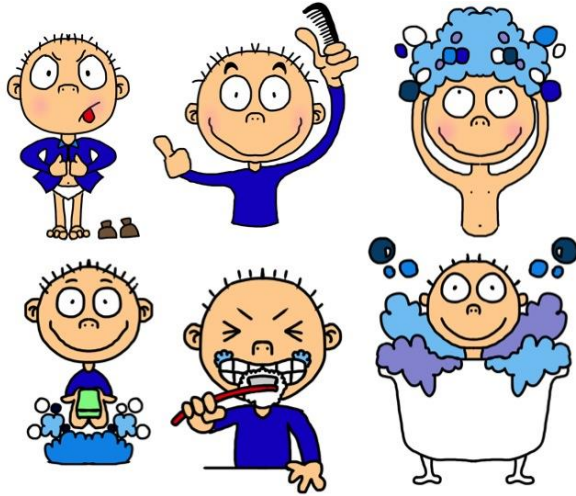
Activities of daily living (ADLs)

Activities of daily living are the tasks which we perform every day. These tasks are essential for an individual to live independently at home or in a community setting.

The level of independence is determined by an assessment. This assessment considers how much support (if any) an individual requires.

Activities of daily living (ADLs)

Personal hygiene



Personal hygiene is a task completed by everyone daily.

This is essential to maintain health and wellbeing by preventing illness.

This category has subcategories: bathing/showering, hair care, oral care, and nail care.

Activities of daily living (ADLs)

Dressing



Dressing is an important category and includes being able not only to physically dress but also to make appropriate choices in relation to clothing.

For example, individuals with conditions such as dementia often wear clothing that is not appropriate for the weather.

Activities of daily living (ADLs)

Maintaining continence



The use of a toilet is another essential daily task.

This includes the physical ability to get to and on and off the toilet and clean oneself.

There is the possibility of adaptive equipment, such as handrails, for getting on and off the toilet. There are also adaptive tools to support cleaning.

Activities of daily living (ADLs)

Eating



Eating is essential for our survival.

Some individuals may be able to eat completely independently. Others require some adapted cutlery or devices to support them to eat independently. Some may require someone to support them throughout mealtimes.

Activities of daily living (ADLs)

Mobility



Mobility includes not only moving around from one area to another but also being able to move from a standing to a sitting position and vice versa. Getting in and out of bed is also included in this category.

An individual may struggle with some areas of mobility so an assessment for an adaptive aid may be required.

Activities of daily living (ADLs)

Housework



Maintaining the living environment is essential for health and wellbeing.

Think about all aspects of housework in all living areas in a house. Some tasks can be particularly challenging. What adaptation and/or support might an individual require?

Activities of daily living (ADLs)

Shopping



Going shopping requires a number of skills including assessing what you need, writing a list and budgeting. What support and/or aids might be required with this?

It can also depend on other ADLs e.g. mobility.

Individuals may therefore choose to shop online. What support and/or aids might they require to do this?

Activities of daily living (ADLs)

Managing medication



What support and/or aids could be provided to an individual to help them to manage their medication?

Activities of daily living (ADLs)

Communication



Communication is essential for all aspects of life, even more so when an individual needs to communicate their needs.

Activities of daily living (ADLs)

Managing finances



Managing finances can be tricky at times. An individual may require support to pay bills and buy food and personal hygiene products.

Activities of daily living (ADLs)



Pain management

This may not be a consideration for everyone; however, it is an area practitioners need to ensure is explored. Practitioners promote quality of life and pain management is a crucial part of this, particularly for long-term conditions and end-of-life or palliative care.



Sleep

This may be a consideration for some individuals but not others. This is sometimes linked to pain management but not always. Sleep issues can also be a sign of deterioration in an individual's mental wellbeing.

02

Activities of daily living Scenarios

Activities of daily living (ADLs)

In the simulated area:

- You will be working in pairs.
- Each pair will role play a practitioner and a service user.
- The service user will receive a case to act out.
- Each practitioner will receive a handover detailing their task.



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