ACTIVITIES OF DAILY LIVING (ADL)

Rachel Wiley, MS, OTR/L
Day By Day Home Therapy
info@daybydayhometherapy.com
484-886-7727
Objectives

• Understand the impact of the environment on participation in activities of daily living

• Understand the impact of communication on participation in activities of daily living

• Identify strategies to decrease dementia-related behaviors and improve participation in activities of daily living
Activities of Daily Living (ADLs)

- Bathing/showering
- Toileting and toilet hygiene
- Dressing
- Swallowing/eating
- Feeding
- Functional mobility
- Personal device care
- Personal hygiene and grooming
- Sexual activity
- Rest and sleep
Common Challenges

- The person with dementia:
  - Does not initiate/start the activity independently
  - Needs assistance during the activity
  - Resists engaging in the activity
  - Is unsafe while engaging in the activity

Examples:
“My mom refuses to get a shower”
“My wife won’t change her clothes”
“My husband forgets to brush his teeth”
Challenges

• When thinking about challenges with ADL, try to be as detailed as possible.
• For example:
  • Does the resistance start when you say the word “bathroom” or the word “shower”?
  • Does your family member try to place pants over their pajamas?
  • Does your family member become distracted when sitting on the toilet and pull multiple pieces of toilet paper?

• Try to pay attention to the specific challenge, and then think about what types of strategies may help to address that specific area as we go through the presentation
Adapting Activities of Daily Living

• Simplify Activity

• Simplify Environment

• Simplify Communication
Simplifying the Activity
## Simplifying Activity

<table>
<thead>
<tr>
<th>Example: Brushing Teeth</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Reduce the complexity – make it easier!</strong></td>
</tr>
<tr>
<td>Consider an electric toothbrush</td>
</tr>
<tr>
<td><strong>Reduce number of steps</strong></td>
</tr>
<tr>
<td>You rinse the toothbrush after brushing and put away items</td>
</tr>
<tr>
<td><strong>Change the objects (size, material, weight, color, etc.)</strong></td>
</tr>
<tr>
<td>If sink is white, consider a dark or brightly colored toothbrush for high contrast</td>
</tr>
<tr>
<td><strong>Set-up and start the activity for your family member</strong></td>
</tr>
<tr>
<td>You place toothpaste on the toothbrush</td>
</tr>
</tbody>
</table>
Simplifying the Environment
# Simplifying the Environment

<table>
<thead>
<tr>
<th>Reduce clutter or visual distraction</th>
<th>Remove unnecessary items from visual field</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reduce noise</td>
<td>Turn off the television or radio</td>
</tr>
<tr>
<td>Provide adequate lighting</td>
<td>Increase lighting, reduce glare when possible</td>
</tr>
<tr>
<td>Remove dangerous items</td>
<td></td>
</tr>
<tr>
<td>Provide only items needed for task</td>
<td>Set out only one outfit</td>
</tr>
<tr>
<td>Provide items within individual’s visual field</td>
<td>Place all items in front of person</td>
</tr>
</tbody>
</table>
Communicate Effectively
Communicating Effectively

• Use statements instead of abstract questions

• Offer no more than 2 choices at a time

• Provide no more than 1 or 2 step directions

• Acknowledge what your family member is saying

• Go along with their belief of what is true
Communicating Effectively

• Redirect if your family member becomes agitated
• Use words of encouragement
• Speak slowly and allow enough time for your family member to process and respond
• Look directly at your family member when speaking

• Consider if your words are triggering a behavior
  • Avoid saying “bathroom” or “shower” if it creates immediate resistance
  • Instead try saying “let’s take a walk” or “let’s stretch our legs”
USING CUES
Cuing Techniques

• Visual Cues
• Demonstration
• Verbal Cues
• Tactile Cues

© Copyright Day By Day Home Therapy 2019
GENERAL CONSIDERATIONS
General Considerations

• Importance of routine

• Don’t rush

• “Relax the rules”

• Enhance comfort
Barriers to engagement

- Time or lack of support/assistance
- Resistance
  - First identify WHY the person is resistant
    - Uncomfortable (pain, temperature in the room, over-stimulated, fatigued, etc.)
    - Loss of control
    - Time of day
    - *Communication style*
    - Environmental triggers
    - Number of people in the room
  - Once you identify trigger, then adapt the situation/task/communication/environment
- Address the underlying concerns:
  - Does the person feel safe and in control? Are they comfortable?
  - Walk away and try again with a new approach or activity
Questions?

THANK YOU!
References


References


Picture Credits

17. 100 Piece Puzzle [Online image]. Retrieved from https://www.walmart.com/search/?query=100%20Piece %20Puzzles&u1=&oid=223073.1&wmlspartner=TQiP6m79tRs&sourceid=01474705452806698551&affillinktype=10&veh=aff
Picture Credits

3. Free images: silhouette, businessman, businesswoman, talking, chatting, chitchatting, colleagues, drink, face to face, free time, team, looking at each other. [Online image]. Retrieved from https://pxhere.com/en/photo/1453173