



Assisting Clients with Activities of Daily Living

Summary of Learning Objectives:

- Activities of Daily Living are the tasks we all need to do daily to take care of ourselves for example, personal care (e.g. bathing, showering and personal hygiene), eating, toileting and being mobile (e.g. walking or transferring from one place to another). ADLs also include psychological activities such as communication and interaction.
- For some seniors maintaining their personal care routine can become a challenge because of physical difficulties, emotional problems, cognitive difficulties, depression, and confusion.
- As a non-medical provider, there are some tasks that a Home Instead CAREGiver cannot perform. These include:
 - Administering medication.
 - Changing or using any medical devices including intravenous drips, removal of catheter bags.
 - Lifting a client.
 - Using manual handling equipment such as hoists without prior training.
 - Shaving a client.
 - Cutting or filing finger or toenails.
- When providing bathing or showering assistance, preparation before starting the task is crucial. You should:
 - Check the Client Journal for any specific requirements.
 - Talk with the client and/or the client's family members to gain knowledge of the client's bathing routine.
 - Ensure that you prepare the bathroom. Gather any necessary items that the client may require e.g. shower chair, lotions, towel, change of clothing, non-slip mat.
 - Ensure that the bathroom is warm and that the curtains are drawn.
 - Encourage clients to use grab rails if they are installed.
 - Plan the steps that you are going to complete and the order of the process to assist the client to shower, this will ensure that everything is prepared and that you know what to do next.
 - Once you have completed the shower routine, assist the client as required to dress.
 - Ensure that the bathroom is clean and tidy when finished.
- One of your most important roles is to empower your clients to reach their full potential. Whilst it is tempting to do as much for your client as possible, by doing so you are putting your client's self-esteem and confidence at risk.
- Accepting assistance with personal care can be a very daunting experience for many people. It can sometimes be very difficult for people to accept that they need assistance with something they have been capable of doing for themselves. Ensuring that you always maintain a client's dignity and privacy throughout the process will ensure that they feel more comfortable and relaxed. Some ways you can do this include:
 - Ensure curtains are drawn and the bathroom door closed.



- If performing a bed bath only expose the part of the body that needs washing.
 - After coming out of the shower, cover the client with plenty of towels or a dressing gown.
 - Encourage the client to wash particularly sensitive areas themselves.
- It is very important that when assisting clients with their toileting or management of incontinence that you prevent embarrassment or discomfort and maintain their dignity and respect. To ensure this, you should:
 - Ensure you do not adversely react to any odour or make any judgmental comments about an incidence of incontinence.
 - Empower your client to do as much for themselves as possible. Help only as required. For example, assist the client to walk to the toilet, undo and lower clothing and sit, and then leave them until they require assistance to stand and pull up their clothing.
 - Remain within hearing distance so that they can call out for your assistance or check on them periodically.
 - Ensure that your client's dignity and privacy are maintained throughout.
 - If the client has any grab rails encourage the client to use them for support. If you feel that the client would benefit from these types of aids installed, notify your Home Instead office.
 - If a client uses a commode, ensure that it is positioned within easy reach of the client's bed or chair.
 - Following an incontinent episode, assist the client first to clean up and change their clothes, then clean up the area and wash or soak the clothing. Do not leave a client in soiled clothing.
- Maintaining good oral hygiene is very important as poor oral hygiene can result in difficulty eating, loss of appetite and loss of weight
- Instrumental Activities of Daily Living (IADLs) are tasks of daily living that are not essential to survival but which a person must be able to do to function independently. These include:
 - Managing finances
 - Handling transportation (driving or navigating public transit)
 - Shopping
 - Preparing meals
 - Using the telephone and other communication devices
 - Managing medications
 - Housework and basic home maintenance
- A person-centred care approach puts the client, their experiences, wellbeing, needs and feelings at the centre of the caring process. Most of all, person-centred care is about seeing the person first and their disabilities/health conditions, etc. second. It is about ensuring that the care provided is always focused on the person



- You form a vital link in your client's care management team. As their CAREGiver you are often one of the first people that notice changes in a client's health and care needs. When you notice a change, you should record your observations in the Client Journal and report the changes to your Home Instead office via the Shift Feedback Report