### INDEPENDENT

**Definition:**
No help, set-up or oversight

**NO LOOK, NO TALK, NO TOUCH**
- No supervision, cueing or physical assistance with ADL
- Individual does all parts of activity alone

**Examples:**
1. **LOCOMOTION:** Mr. A. used his walker by himself with no hands on assistance from staff.
2. **EATING:** Mr. B. eats alone with no supervision.
3. **TOILETING:** Mrs. C. requires no prompting or oversight for toileting; managing all subtasks without assistance.
4. **DRESSING:** Mr. D. is able to gather items of clothing and get dressed for breakfast.

### SET-UP HELP ONLY

**Definition:**
Article or device provided within reach of individual, no physical assistance or supervision provided.

**NO LOOK, NO TALK, NO TOUCH**
- No supervision, cueing or physical assistance with ADL
- Staff set out items for use;
- Article or device provided in reach
- Individual independent is completing task

**Examples:**
1. **BATHING:** Once a basin and other items are provided at the bedside within reach, Mrs. S. can bathe independently.
2. **LOCOMOTION:** Mrs. A. is able to ambulate around the unit independently after she is provided her walker.
3. **EATING:** Mr. W. can eat independently only after staff opens containers and cuts his food.
4. **TOILETING:** Mr. T. is independent with using the urinal once it is placed on the bedside table within reach.
**SUPERVISION**

**Definition:**
Oversight, encouragement or cueing

**LOOK, TALK, NO TOUCH**

**Must include:**
- Supervision/monitoring for safety
- Verbal cues

**Does not include:**
- No touch/physical assistance in any part of ADL.

**EXAMPLES:**
1. **DRESSING:** Mrs. E. requires verbal step by step instructions to get dressed.
2. **EATING:** Mr. B. requires cueing by staff during his meal due to being easily distracted.
3. **TRANSFER:** Mrs. T. can transfer without hands on assistance but requires oversight for safety.
4. **LOCOMOTION:** Mrs. J. has cognitive issues requiring staff oversight and cueing to keep her from entering the rooms of others.
**LIMITED ASSISTANCE**

**Definition:**
Individual is highly involved in activity; received physical help in guided maneuvering of limbs or other non-weight bearing assistance.

Guided maneuvering = physically directing patient in completing task without weight bearing assistance.

**LOOK, TALK, TOUCH, NO LIFTING**

- Non-weight bearing hands on assistance
- Hands on assistance, guidance
  
  **NOTE:** Guiding movements with minimal physical contact and contact guarding with intermittent physical assistance are not considered weight bearing.

**May also include:**
- Monitoring for safety
- Verbal Cues

**EXAMPLES:**
1. **DRESSING:** Staff gently guides Mrs. M.’s arm into her sleeve without taking on the weight of her arm.
2. **LOCOMOTION:** Staff provides contact guard while Mr. H. walks as he is unsteady on his feet.
3. **DRESSING:** The aide provides non-weight bearing assistance by buttoning Mr. P.’s shirt and tying his shoes.
4. **EATING:** Mr. M. can take a few bites of food by himself only after staff guides his hand with his fork from the plate to his mouth.

- Contact guard, stand-by assistance
- Guided maneuvering of limbs
### EXTENSIVE ASSISTANCE

**Definition:**
Weight-bearing support (including lifting limbs) by 1 helper where person still performs 50% or more of subtasks.

**LOOK, TALK, TOUCH, LIFT/SHIFT**

- Weight bearing assistance by 1 helper; **and**
- Person involved in **50% or more** of sub-tasks

**Must include:**
- Monitoring for safety
- Verbal cues

**May also include:**
- Weight-bearing support, including lifting of limbs, person does 50% or more of sub-tasks

**EXAMPLES:**

1. **TRANSFER:** The aide must physically lift Mr. P. while he pushes off the arms of the chair to get to a standing position.
2. **DRESSING:** Mrs. E. can dress her upper body without assistance but requires the aid to lift her legs to put on her pants, socks and shoes. She can buckle her belt and button her pants.
3. **BED MOBILITY:** Mrs. M. is able to reposition her leg and hold onto the bed rails while the aide utilizes a turn sheet to reposition her due to being at risk of bed sores.
4. **LOCOMOTION:** Due to leg weakness the nurse had to physically hold Mr. D. and take on his weight to prevent him from falling while walking.
# MAXIMAL ASSISTANCE

**Definition:**
Weight-bearing support (including lifting limbs) by 2+ helpers – **OR** – Weight-bearing support for more than 50% of subtasks

**LOOK, TALK, TOUCH, LIFT/SHIFT**

<table>
<thead>
<tr>
<th>Must include:</th>
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<tbody>
<tr>
<td>• Weight-bearing assistance by 2 or more helpers; <strong>OR</strong></td>
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<tr>
<td>• Person involved in less than 50% or more of sub-tasks with weight-bearing support</td>
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<td>• Verbal cues</td>
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| Weight-bearing support of 2 helpers; **OR** |
| Weight-bearing support where Patient does less than 50% of sub-tasks |

**Examples:**

1. **TRANSFER:** Mr. N. requires weight bearing assistance of 2 staff members to transfer from bed to wheelchair.
2. **TOILETING:** Mr. M. requires one staff member to provide weight bearing assistance to transfer her on/off the toilet and managing her clothes. **She can only wipe herself after being provided the toilet paper.**
3. **BED MOBILITY:** Mr. S cannot turn or reposition himself in bed assistance. **The aide must pull him up and reposition his legs and upper body.** **He can only reposition his pillow for comfort.**
### TOTAL DEPENDENCE

**Definition:**
Full performance of the activity by another

**ALL ACTION BY OTHERS**
- Person not participating in ADL activity to any degree.
- Do not code as “Activity did not occur” when ADL is being completed in full by others.

- Activity completed by another.

**Examples:**
1. **BED MOBILITY:** Mr. K. cannot turn himself in bed; requiring three staff members to turn and reposition him.
2. **TRANSFER:** Mrs. Q. cannot transfer out of bed. Staff must use a Hoyer lift to safely transfer him to the chair.
3. **EATING:** Mr. Z. cannot feed himself; staff must feed him for every meal.
4. **BATHING:** Mrs. A. receives a total bed bath. She is unable to participate.
**ACTIVITY DID NOT OCCUR**

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<thead>
<tr>
<th>Definition:</th>
<th>NOT PERFORMED</th>
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<tr>
<td>The activity was not performed by the individual or others (regardless of ability)</td>
<td>• ADL not performed in 3 days; bathing not performed in 7 days</td>
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<th>Examples:</th>
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<tr>
<td>1. <strong>TRANSFER:</strong> Mr. S. has been on strict bed rest and has not transferred from the bed in the last 3 days.</td>
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<td>2. <strong>LOCOMOTION:</strong> For the last 3 days, Mr. W. has been refusing to get of bed; he has not walked or used a wheelchair in 3 days.</td>
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<td>3. <strong>BATHING:</strong> Mrs. R. has been refusing to bathe in the shower or at her bedside for the last week.</td>
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<td></td>
<td>The ADL activity was not performed by the individual or others (regardless of ability) during entire period</td>
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