



**Home Health Aide On-the-Go In-Service Lessons:
Vol. 2, Issue 5: Activities of Daily Living and Your
Role (Home Health Aide on-the-Go in-Service
Lessons, Volume 2)**

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This lesson on Activities of Daily Living and Your Role includes a complete training packet. Each in-service packet takes approximately one hour to complete and fully meets the Medicare in-service training requirements. As aides need training, you can make as many copies as you want - thereu2019s no restriction when used with aides assigned from your office location. Remember that Home Health Aides must have 12 hours of in-service training every year. LESSON OBJECTIVES Upon completion of this program, the home health aide will be able to: • Name three core activities that are part of ADLs. • List two reasons patients need assistance with ADLs. • Name three techniques for assisting patients to improve their ability to perform ADLs. OVERVIEW While there is some variation, there are commonly six activities considered to be the activities of daily living (ADLs). They are feeding, bathing, dressing, toileting, transferring, and mobility. Studies indicate that the prevalence of personal assistance needs increases with age and by age 65, 4.1% of the total population in the United States require help in one or more ADL. The prevalence is much higher among homecare patients. When home health aide visits are ordered in homecare, it is almost always to assist with ADLs. Historically, except for patients receiving therapy services, most home health aides were assigned to assist with personal care with little emphasis placed on helping patients achieve greater independence in performing ADLs. Home health aides themselves often viewed their roles as providing direct care, not in promoting greater independence. The benchmarking capabilities of the Outcome and Assessment Information Set (OASIS) reports provide agencies with comparative data on patient improvement in performance of ADLs. The data have helped agencies develop quality improvement activities aimed at increasing independence levels of patients. Home health aides are crucial to success in this goal.

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