

Unit 3 Lesson 2 Assistance with Activities of Daily Living

Read the passage and answer questions 1-3.

Characteristics of Nursing Home Residents--1996

Level of Dependence

More than four-fifths (83.3 percent) of nursing home residents received help with three or more activities of daily living (ADLs), including bathing, dressing, toileting, transferring from a bed or chair, feeding, and mobility (Table 1). However, a small proportion (2.8 percent) did not receive assistance with any of these activities. Residents of hospital-based facilities were less likely to receive assistance with ADLs than residents in facilities with nursing home beds only. When nursing home residents did receive assistance, bathing and dressing were the most common tasks with which they received help (96.5 percent and 88.2 percent, respectively, as shown in Table 2).

Data presented in Table 2 describe the various levels of assistance received by men and women of various ages. Findings include the following:

- Residents under age 75 were more likely than older residents to have no ADL limitations and were less likely to have three or more ADL limitations. Only 1.9 percent of residents ages 75-84 and 1.7 percent of residents age 85 and over were without ADL limitations.
- Women were more likely than men to have problems with mobility around the facility. Women also were more likely than men to be totally dependent when transferring (29.6 percent compared with 25.4 percent) and dressing (37.1 percent compared with 33.1 percent).
- Women nursing home residents were more likely than men to receive help with three or more ADLs (84.7 percent and 79.6 percent, respectively).
- Two-thirds of residents had problems with mobility such that they received assistance getting around the facility (36.5 percent) or were totally dependent on others for movement within the facility (30.0 percent).
- Residents under age 65 were as likely as residents age 75 and over to be totally dependent in bathing, dressing, and mobility and more likely to be totally dependent in eating and transferring.

1. What do the letters ADL mean? _____

2. Give one example of an ADL _____

3. According to the article, what percent of residents did not receive any assistance at all with any ADL's? _____

Read the table and answer questions 4 – 6.

Table 2. Number and percent distribution of nursing home residents by level of dependence in activities of daily living (ADLs), age, and sex: United States, January 1, 1996

Level and type of dependence	All nursing home residents		Age in years				Sex	
	Number	Percent	Under 65	65-74	75-84	85 and over	Men	Women
Number	1,563,900	—	138,400	186,000	468,300	771,200	443,500	1,120,300
Percent	—	100.0	8.8	11.9	29.9	49.3	28.4	71.6
Number of ADLs in which assistance received^a			Percent distribution					
0	43,500	2.8	7.7	6.1	1.9	1.7	5.6	1.7
1-2	218,100	13.9	14.8	17.5	12.9	13.6	14.8	13.6
3 or more	1,302,200	83.3	77.5	76.4	85.2	84.8	79.6	84.7
Type of ADL								
Dressing:								
No assistance received	184,400	11.8	18.8	17.1	10.0	10.4	14.6	10.7
Assistance received	817,400	52.3	40.9	52.1	54.2	53.2	52.3	52.3
Totally dependent	562,100	35.9	40.3	30.8	35.9	36.4	33.1	37.1
Bathing:								
No assistance received	55,400	3.5	8.5	7.9	2.7	2.2	6.5	2.4
Assistance received	773,700	49.5	41.9	49.9	49.6	50.7	48.2	50.0
Totally dependent	734,800	47.0	49.6	42.2	47.7	47.2	45.3	47.7
Eating:								
No assistance received	630,800	40.3	39.9	44.1	39.9	39.8	42.6	39.4
Assistance received	644,100	41.2	32.3	38.6	41.9	43.0	39.2	42.0
Totally dependent	289,000	18.5	27.8	17.4	18.3	17.2	18.2	18.6
Transferring:								
No assistance received	413,500	26.4	29.3	35.3	25.5	24.4	32.6	24.0
Assistance received	706,500	45.2	31.9	41.4	46.6	47.6	42.0	46.4
Totally dependent	443,800	28.4	38.8	23.3	27.9	28.0	25.4	29.6
Mobility:								
No assistance received	524,800	33.6	43.0	42.9	33.1	29.9	39.9	31.1
Assistance received	570,000	36.5	22.1	33.3	36.1	40.0	33.3	37.7
Totally dependent	469,100	30.0	34.9	23.9	30.8	30.1	26.9	31.2
Toileting:								
No assistance received	317,300	20.3	24.5	27.3	18.1	19.2	24.5	18.7
Assistance received	647,100	41.4	32.2	37.4	43.6	42.7	39.4	42.2
Totally dependent	599,500	38.3	43.3	35.3	38.4	38.1	36.2	39.2

^a Assistance includes supervision, limited assistance, and extensive assistance.

Note: ADLs include bathing, dressing, eating, transferring, mobility, and toileting. Categories may not add to totals due to rounding.

Source: Center for Cost and Financing Studies, Agency for Health Care Policy and Research: Medical Expenditure Panel Survey Nursing Home Component, 1996 (Round II).

4. Which of the following is an ADL seen on the table?

- A. Eating
- B. Driving
- C. Watching television
- D. Paying bills

5. What percent of those over 85 needed no assistance?

- A. 1.7
- B. 2.8
- C. 43,500
- D. 771,200

6. How many people were included in this study? (Hint: look for all nursing home residents)

- A. 43,500
- B. 218,100
- C. 1,120,300
- D. 1,563,900