

# Guidelines for coding ADLs for self-performance

## BED MOBILITY (G0110.A.1): Set-up help is handing the trapeze, putting side-rail up, handing pillows to resident

Remember to consider **ALL** aspects of bed mobility when coding ADLs

Repositioning (scooting up) in bed	Lying to sitting & sitting to lying position	Turning side to side, positioning in a side-lying position (Sim's)
0= no hands-on, <b>no</b> supervision, resident performed with no one in room	0= no hands-on help, <b>no</b> supervision, resident performed with no one in room	0= no hands-on help, <b>no</b> supervision, resident performed with no one in room
1= <b>no</b> hands-on help, only verbal cues, reminders, instruction, task segmentation	1= <b>no</b> hands-on help, only verbal cues, reminders, instruction, task segmentation	1= <b>no</b> hands-on help, only verbal cues, reminders, instruction, task segmentation
2= <b>no</b> lifting, pulling up by staff, resident performed most by himself, staff guided limbs <b>only</b>	2= <b>no</b> lifting trunk to sitting position, no lifting legs to dangle on edge of bed, resident performed most by himself, staff guided limbs <b>only</b> , perhaps to reach for rails, then resident did the rest	2= <b>no</b> lifting, pulling, pushing, resident performed most by himself, staff guided limbs <b>only</b> to reach rail, resident did the rest
3= <b>weight-bearing assistance</b> of <b>pulling</b> up on liftsheet while resident pushes up feet OR total staff performance of any subtask	3= <b>weight-bearing assistance</b> of <b>lifting</b> trunk to sitting position and/or <b>lifting</b> legs to put over the edge of bed, legs <b>lifted</b> into bed when resident is laid down OR total staff performance of any subtask	3= <b>weight-bearing assistance</b> of <b>holding</b> resident over so he does not fall backwards while on side, using lift sheet to <b>pull</b> & position hips, <b>lifting</b> legs to position with pillow/ padding between knees OR total staff performance of any subtask
4= <b>resident did not help at all</b> —staff performs full lift to pull resident up in bed	4= <b>no help from resident at all</b> —staff totally lifts resident's trunk to sitting position, or bears weight of trunk to lying position, totally lifting legs into bed	4= <b>resident did not help at all</b> —totally turned, positioned by staff
7= activity did occur, but only once or twice	7= activity did occur, but only once or twice	7= activity did occur, but only once or twice
8= activity did <b>not</b> occur, resident was not in bed during the shift	8= activity did <b>not</b> occur, resident was not in bed during the shift	8= activity did <b>not</b> occur, resident was not in bed during the shift

## TRANSFERS (G0110.B.1): Set-up help is giving the resident a transfer board, locking brakes on wheelchair for safety

Remember to include **ALL** parts of the transfer when coding ADLs

Rising to a standing position from bed or chair	Pivoting or taking a couple steps to bed or chair	Lowering to a sitting position on the bed or in the chair
0= <b>no</b> hands-on help, <b>no</b> supervision, resident performed with no one in the area after set-up	0= <b>no</b> hands-on help, <b>no</b> supervision, resident performed with no one in the area after set-up	0= <b>no</b> hands-on help, <b>no</b> supervision, resident performed with no one in the area after set-up
1= supervision <b>only</b> , <b>no</b> hands-on help — verbal cues, reminders, instructions, task segmentation	1= supervision <b>only</b> , <b>no</b> hands-on help — verbal cues, reminders, instructions, task segmentation	1= supervision <b>only</b> , <b>no</b> hands-on help — verbal cues, reminders, instructions, task segmentation
2= <b>no</b> lifting, <b>no</b> pulling up by staff, resident performed most of the activity by himself, staff guided limbs <b>only</b> , such as to reach for chair arms, bed rails	2= <b>no</b> holding, <b>no</b> providing support for balance during pivot or couple steps required to transfer to bed or chair, staff guided limbs <b>only</b> , such as to reach for chair arms, bed rails	2= <b>no</b> holding up, <b>no</b> balance provided, resident did most of the activity by himself, staff guided limbs <b>only</b> , such as to reach for chair arms, bed rails
3= <b>weight-bearing assistance</b> of full or partial lifting resident from sitting to standing position (resident did not lift his own bottom off the bed or chair) OR lifted with the lift OR total staff performance of any subtask	3= <b>weight-bearing assistance</b> of resident full or partial leaning on staff for balance during pivot, or staff holding resident up while assisting (lifting legs or sliding feet ) to move feet in pivot motion OR total staff performance for any subtask	3= <b>weight-bearing assistance</b> of <b>holding</b> resident up so he does not fall down while <b>lowering slowly</b> to the bed or chair, or bearing the resident's weight for balance to get to sitting position OR lowered with the lift OR total staff performance for any subtask
4= <b>resident did not help at all</b> —staff performs full lift to stand resident from edge of bed or chair, OR lifted with the lift	4= <b>resident did not help at all</b> —staff performs full lift to pivot transfer resident to bed or chair, OR lifted with the lift	4= <b>resident did not help at all</b> —staff performs full weight-bearing lower resident to the bed or chair, OR lifted mechanically with the lift
7= activity did occur, but only once or twice	7= activity did occur, but only once or twice	7= activity did occur, but only once or twice
8= activity did <b>not</b> occur, resident was on bedrest only or stayed in one chair entire shift	8= activity did <b>not</b> occur, resident was on bedrest only or stayed in one chair entire shift	8= activity did <b>not</b> occur, resident was on bedrest only or stayed in one chair entire shift