

IDENTIFYING INFORMATION	
<b>Name:</b>	<b>Activities of daily living</b>
<b>Short/Other Names:</b>	The level of independence with which long term care residents are able to perform various activities of daily living
BACKGROUND, INTERPRETATION AND BENCHMARKS	
<b>Description:</b>	<p>This measure reports information about the percentage of long term care (LTC) residents with different levels of independence with respect to the performance of various activities of daily living using the Activities of Daily Living (ADL) Self-Performance Hierarchy Scale. The ADL Self-Performance Hierarchy Scale is part of the Resident Assessment Instrument – Minimum Data Set 2.0 (RAI-MDS) assessment. Four items are coded according to self-performance of activities of daily living in the last seven days: personal hygiene, toilet use, locomotion, and eating.<sup>27</sup></p> <p>Assistance that is required is evaluated to create a summary score that ranges from 0 (resident conducts task independently) to 6 (staff performed the task for the resident).</p> <p>A higher score indicates more impairment (greater loss) in the performance of activities of daily living.</p>
<b>Rationale:</b>	To provide information on the proportion of LTC residents with different levels of independence with respect to the performance of various activities of daily living. This information can be used to inform system-level planning for quality improvement, program development, and resource allocation. This is because this data, when reported at an aggregate level, provides a description of the population that requires services in relation to activities of daily living. It does not describe the quality of care or services provided at a site.
<b>Interpretation:</b>	<p>Each category, in this chart, illustrates the proportion of LTC in each of the different activities of daily living performance levels:</p> <ul style="list-style-type: none"> <li>▪ <b>Independent</b> (score of 0): Resident can complete a task (e.g., dressing) independent of staff or others.</li> <li>▪ <b>Supervision required</b> (score of 1): Resident requires oversight or prompting (e.g., cuing) to complete a task (e.g., dressing).</li> <li>▪ <b>Limited assistance required</b> (score of 2): Resident is very involved in a task (e.g., dressing), but staff help providing non-weight bearing assistance, such as guiding limbs through a piece of clothing.</li> </ul>

<sup>27</sup> Morris, JN, Fries, BE, Morris, SA. Scaling ADLs within the MDS. J Gerontol Med Sci. 1999;54(11):M546-M553.

	<ul style="list-style-type: none"> <li>▪ <b>Extensive assistance required</b> (score of 3 or 4): Resident is involved in a task (e.g., dressing), but staff provide assistance and weight-bearing support, such as lifting legs to put into clothing.</li> <li>▪ <b>Dependent</b> (score of 5 or 6): Resident is not involved in the task and staff perform the entire activity daily.</li> </ul>
<b>Target/Benchmark:</b>	Benchmark is not appropriate because the measure is intended to describe the clinical characteristics of long term care residents.
<b>INDICATOR CALCULATION</b>	
<b>Calculation:</b>	<p>Percent of residents in each outcome scale category =</p> $\left( \frac{\text{Number of LTC residents scored within a given category}}{\text{Number of LTC residents with a valid outcome scale score}} \right) \times 100$ <p><b>Type of Measure:</b> Percentage  <b>Adjustment Applied:</b> None</p>
<b>Denominator:</b>	The total number of LTC residents with a valid outcome scale score.
<b>Numerator:</b>	The total number of LTC residents with a valid outcome scale score, who were scored within a given category (as indicated above).
<b>DATA DETAILS</b>	
<b>Data Sources:</b>	Alberta Continuing Care Information System (ACCIS), Alberta Health
<b>Reporting Frequency:</b>	<p><b>Type of Year:</b> Fiscal year [starts April 1, ends March 31]</p> <p><b>First Available Year:</b> 2018-19</p> <p><b>Last Available Year:</b> 2022-23</p>
<b>Geographic Coverage:</b>	The province of Alberta excluding the military, prisoners, and indigenous persons living on reserves.
<b>Reporting Levels:</b>	Province, zone