

| IDENTIFYING INFORMATION                   |  |
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| <b>Name:</b>                              | <b>Activities of daily living</b>  |
| <b>Short/Other Names:</b>                 | The level of independence with which continuing care homes – type A (formerly 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 continuing care homes – type A (formerly long term care) 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 continuing care homes – type A 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 continuing care homes – type A 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.

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|                              | <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 continuing care homes – type A residents.  |
| <b>INDICATOR CALCULATION</b> |   |
| <b>Calculation:</b>          | <p>Percent of residents in each outcome scale category =</p> $\left( \frac{\text{Number of continuing care homes – type A residents scored within a given category}}{\text{Number of continuing care homes – type A residents with a valid outcome scale score}} \right) \times 100$ <p><b>Type of Measure:</b> Percentage</p> <p><b>Adjustment Applied:</b> None</p>                             |
| <b>Denominator:</b>          | The total number of continuing care homes – type A residents with a valid outcome scale score.  |
| <b>Numerator:</b>            | The total number of continuing care homes – type A 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  |