

NATIVE ELDER  
CAREGIVER  
CURRICULUM  
*NECC: 2.5*  
*ADL'S & IADL'S*



# Activities of Daily Living: (ADL's) & Instrumental Activities of Daily Living (IADL's)

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- **Activities of Daily Living & Instrumental ADL's**
- What are ADL's?
- What are IADL's?
  - ▣ and
- What do ADL's & IADL's have to do with Native Elders & their Caregivers?

# ADL's & IADL's



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- **ADL's: What are they?\***
- **Activities of Daily Living**
  - ▣ Eating
  - ▣ Walking
  - ▣ Using the toilet
  - ▣ Dressing
  - ▣ Bathing
  - ▣ Getting in & out of bed



\*NRCNAA (April, 2002)

# ADL's & IADL's

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- **IADL's: What are they?\*** (NRCNAA, April 2002)
- **Instrumental Activities of Daily Living**

- **Cooking**



- **Shopping**



# ADL's & IADL's

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## □ **IADL's** (cont'd)

- Using a phone
- Doing housework
- Getting outside the home
- Managing money



# ADL's & IADL's

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- **What do ADL's & IADL's have to do with Native Elders & Caregivers?**
- Level of ADL's & IADL's of elders is *directly related* to their ability to continue to live in their home setting



# ADL's & IADL's

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- **Level of ADL's & IADL's is *directly related to:***
  - ▣ Caregivers' ability to continue to provide care in the home for their elders
    - OR
  - ▣ Need for nursing home care



# Impact: ADL's & IADL's

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## □ **BABY BOOMERS!**

- Arrival of “Baby Boomers” into the “elder” population will increase need for more long-term care services *(further discussion in 3.1)*

## □ **Native Elder population is “Booming”!**

- *“a combination of large numbers of people becoming elders and early ages of onset for many chronic diseases that produce functional limitations creates a growth in functional limitations of 51% in just one decade” (NRCNAA, 2002)*



# Impact: ADL's & IADL's

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## □ **BABY BOOMERS!**

- Arrival of “Baby Boomers” into the “elder” population will increase need for more long-term care services  
*(further discussion in 3.1)*

# Impact: ADL's & IADL's

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- **BABY BOOMERS!**
- **Native Elder population is “Booming”!**
  - *“a combination of large numbers of people becoming elders and early ages of onset for many chronic diseases that produce functional limitations **creates a growth in functional limitations of 51% in just one decade**”*
    - (NRCNAA, 2002)

# ADL's & IADL's

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- Usually, elders need help with **IADL's** *before* they need help with ADL's\*
- Usually *bathing* is first ADL that the elder identifies as needing help with\*
- Need for help with eating & toileting is *not* identified as often as the other ADL's among elders who are not in "institution" care\*



\* Cited in NRCNAA (April, 2002)

# ADL's & IADL's

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- **Categories & Classification Levels**
  - “Functional Limitations”
    - Limits to being able to do the ADLs & IADLs independently
  - A 4 level Classification of Functional Limitations was developed according to the ability to perform IADL's & ADL's

# ADL's & IADL's

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- **What do these 4 “categories” or “classifications” mean?**
- **“Little or None”** limitations
  - ▣ No long term care services are needed
- **“Moderate”** limitations
  - ▣ Beginning to need care, can probably be met with home & community-based services (**HCBS**)... **this is where “Caregivers” come in!**

# ADL's & IADL's



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- **“Moderately Severe” limitations**
  - ▣ Need more care – probably at least “assisted living” services are needed
  
- **“Severe” limitations**
  - ▣ Need much care – probably nursing home services



# ADL's & IADL's

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- Caregivers often provide home-based care for elders who are in the “Moderately Severe” Category
- Sometimes, family Caregivers provide home-based care for elders who are in the “Severe” Category
  - ▣ For example, in care of terminal illness
  - ▣ When people are on “hospice” service

# FUNCTIONAL LIMITATION CATEGORIES\*

NRCNAA (April, 2002)

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FUNCTIONAL LIMITATION CATEGORIES	ADL's	IADL's
Little or None	0	1 or less
Moderate	0 1	2 or more 0
Moderately Severe	2	0
Severe	3	0



# ADL's & IADL's

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## □ **HCBS**

□ (Home & Community-Based Services)

## □ **Can make a very big difference:**

□ In maintaining an elder in the home setting

□ In supporting family Caregivers

■ so they can continue to provide elder-care in the home

# JOURNEY FOR CAREGIVERS

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Caring for Our Elders: 2.5 ADLs and IADLs

# TALKING CIRCLE DISCUSSION

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- 1. IMPACT OF HCBS ON NATIVE ELDERS
- 2. IMPACT OF HCBS ON FAMILY CAREGIVERS
- 3. WHAT HCBS ARE MOST HELPFUL TO FAMILY CAREGIVERS?
- 4. WHAT HCBS ARE AVAILABLE TO NATIVE ELDERS & FAMILY CAREGIVERS IN INDIAN COUNTRY?
- 5. WHAT IS MOST NEEDED IN HCBS?



