



Australian Government

Department of Health and Aged Care

NATIONAL AGED CARE MANDATORY
QUALITY INDICATOR PROGRAM

Activities of daily living



Make it count

Continuous improvement is about seeking and applying opportunities to enhance the quality of care and outcomes for care recipients.

Take 60 seconds to understand how to measure and report on activities of daily living and help your service enhance the quality of care and outcomes for your care recipients.



Click the arrow
to continue



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Why measurement matters

Activities of daily living (ADLs) measure people's ability to move and care for themselves.

ADLs are routine tasks necessary to manage basic needs, such as walking and moving around, eating, dressing, personal hygiene (oral, hair and skin care) and toileting/continence.

Maintaining ADLs is important for independence and quality of life.



65.6%

of older Australians in permanent residential care have high care needs for activities of daily living

Source: Australian Institute to Health and Welfare. People's care needs in aged care.

An important goal of care should be to improve function, or to prevent or slow progressive decline.



Impact of decline in activities of daily living

Screening, monitoring and supporting ADLs is important as decline can impact wellbeing, independence and quality of life.

Click on the boxes to learn how a decline in ADLs can impact care recipients.



How to measure activities of daily living

A single ADL assessment is completed for each care recipient around the same time each quarter. The ADL assessment tool used in the QI Program is the **Barthel Index of Activities of Daily Living**.

Click on the boxes to learn more about the ADL assessment tool.



How to collect data for activities of daily living

The following data is collected and reported on for the ADL quality indicator.

Click on the boxes to learn more.

Quality improvement

Awareness of risk factors and some simple steps can slow decline in ADLs.

The checklist on the right will help identify care recipients who are at risk of decline in ADLs and provide potential support and prevention strategies.

STEP
1

Undertake ADL assessments regularly

STEP
2

Document findings in a care plan

STEP
3

Implement appropriate support strategies that prevent ADL decline

STEP
4

Ongoing monitoring between ADL assessments

For detailed information on potential prevention and management strategies, and quality improvement activities, please refer to the **QI Program Manual 4.0 – Part B**.

Ask QIRI

The Quality Indicator Reporting Instructor (QIRI) answers your questions about ADLs.

Click on a speech bubble to learn a top tip from QIRI.



Quality indicator challenge



Congratulations!

**You have completed
Module Seven –
Activities of daily
living.**

Test your knowledge in the box on the right then move onto the next module.

Take the quick quiz!

How many ADL assessments are required for each care recipient in each quarter?

None

One

Two

Three