

Adult Long Term Care Functional Screen

DATE: September 2020

TOPIC: September 2020 Adult Functional Screen Quiz Scenario

Barbara is 40 years old and her current verified diagnoses are intellectual disability, obesity, hypertension, and diabetes. She lives with her older sister and her mom who is her main caregiver.

Due to her intellectual disability, Barbara needs assistance with several ADLs. Her mom needs to cue her to shower or Barbara would not initiate the task of bathing. Her mom must also ensure Barbara uses shampoo as Barbara will just rinse her hair and others have noted her hair is greasy and has a smell. Barbara washes and dries the rest of her body on her own. Barbara is able to pick out weather appropriate clothing and dress herself independently. She toilets herself independently but needs reminders to wash her hands after using the bathroom.

Barbara likes to go along to the grocery store and she relies on her mom and sister to help her select the food as Barbara will only select her favorites of diet soda and chips. Barbara makes herself waffles and yogurt with fruit for breakfast and grilled cheese or a frozen dinner for lunch. Her sister usually prepares supper for the family and Barbara independently cleans up the kitchen and does the dishes. Along with helping with dishes, Barbara likes to help out around the house by folding her laundry and dusting. Barbara does continue to need cues to start the laundry and help with reordering her medications.

Barbara's sister and her mom assist Barbara with her medications due to her intellectual disability. Barbara's sister prefills Barbara's insulin syringes and medication box every Sunday. Barbara needs a cue every morning and at bedtime to take her oral medications, check her blood glucose levels, and administer her insulin. After her mom provides the reminder, Barbara takes her oral medications, checks her blood glucose level, and injects the insulin into her abdomen or legs.

To help control her blood sugar and to manage her weight, Barbara's sister walks with her every day. This is the only exercise that Barbara engages in. When Barbara and her sister go out for their daily walks, they sometimes stop at the gas station for a drink. Barbara is able to handle this small transaction using cash and knows what bills she needs to have and approximately how much change she should get back. Barbara does depend on her sister for assistance allocating and budgeting money due to her intellectual disability.

Barbara reports that she sleeps all night. Barbara's mother reflects that Barbara has needed assistance due to her intellectual disability during overnight tornado warnings and health emergencies.