

## Annexure B

## Assessment for provision of HC/CC - include community in assessment

### PERSONAL NEEDS

<b>Physical (biological)</b>	<p>Screening for effects and evidence of pathology for the purpose of early detection and diagnosis/referral. Screening/assessment for the need for further testing and/or intervention relating to e.g.:</p> <ul style="list-style-type: none"> <li>• Blood pressure/blood sugar/impairment</li> <li>• Urine</li> <li>• Taste, smell, touch and reaction time</li> <li>• Pain and/or discomfort</li> <li>• Condition of the skin, hair, nails, feet, teeth</li> <li>• Signs of abuse</li> <li>• Constipation/diarrhoea, incontinence</li> <li>• Any other signs of pathology/disease</li> </ul>
<b>Psychological</b>	<p>Consider psychological aspects such as:</p> <ul style="list-style-type: none"> <li>• Affective, cognitive, status</li> <li>• Level of self esteem/self image</li> <li>• Level of mental stimulation</li> <li>• Opportunity for self - actualisation</li> <li>• Beliefs/religious affiliations</li> <li>• Coping mechanisms</li> <li>• Insight into and preparation - fear of chronic illness death/fear of death</li> <li>• Stress</li> <li>• Depression</li> <li>• Anxiety</li> <li>• Loneliness/social isolation</li> <li>• Self-absorption</li> <li>• Interests in the outside world</li> <li>• Motivation to help self</li> <li>• Value of health</li> </ul>

**ENVIRONMENT**

<b>Physical environment</b>	<p>Consider aspects such as:</p> <ul style="list-style-type: none"> <li>• Safety and security</li> <li>• Electricity, water and sanitation</li> <li>• Adequate housing</li> <li>• Prevention of injury/falls</li> <li>• Accessibility and availability of fixed assistive devices e.g. monkey-chain and rails at bath and toilet</li> <li>• Prevention of abuse: the need for support for the family/care givers</li> <li>• Hygiene - home/environment</li> </ul>
<b>Psychological environment</b>	<p>Consider aspects such as:</p> <ul style="list-style-type: none"> <li>• Level of adjustment to change in role</li> <li>• Psychological support systems</li> <li>• Opportunities to relieve stress</li> <li>• Stressors in the environment</li> </ul>
<b>Social environment</b>	<p>Screen/assess social status/needs, e.g. Economic needs</p> <ul style="list-style-type: none"> <li>• Adjustment to limited or no resources</li> <li>• Income: Pensions/grants / concessions /caregivers</li> <li>• Budgeting skills</li> <li>• Coping with inflation</li> <li>• Incremental / indirect</li> </ul> <p>Social networks:</p> <ul style="list-style-type: none"> <li>• Support groups/family support/ traditional/peer groups</li> <li>• Visiting possibilities/opportunities</li> <li>• Enhancement of values and dignity</li> </ul> <p>Communication:</p> <ul style="list-style-type: none"> <li>• Social groups</li> <li>• Relationships</li> <li>• Friendships</li> <li>• Sexuality</li> <li>• Pets</li> <li>• Availability of suitable transport</li> <li>• Alternative communication, e.g. whistles, bell</li> </ul>

## LIFE STYLE

<p><b>Nutrition</b></p>	<p>Consideration should be given to:</p> <ul style="list-style-type: none"> <li>• Availability of food</li> <li>• Preparation of food - equipment to prepare food</li> <li>• Healthy eating patterns/habits</li> <li>• Knowledge of healthy well-balanced diet</li> <li>• Maintain hydration</li> <li>• Need for special diets/supplements</li> <li>• Factors influencing poor nutritional status</li> </ul>
<p><b>Exercise and rest</b></p>	<p>Consider:</p> <ul style="list-style-type: none"> <li>• Extent of appropriate exercise and rest (passive or active)</li> <li>• Factors that impede exercise e.g. pain, weakness, dizziness</li> <li>• Available pain relieving methods e.g. heat and cold (ice) or elevation</li> </ul>
<p><b>Personal habits and sexuality</b></p>	<p>Consider:</p> <ul style="list-style-type: none"> <li>• Personal hygiene</li> <li>• Sexual needs and habits</li> <li>• Extent of smoking and drinking and/or hazardous use of other substances</li> </ul>
<p><b>Recreation</b></p>	<p>Consider level of engagement in activities such as:</p> <ul style="list-style-type: none"> <li>• Reading, TV, music, hobbies, gardening, outings, knitting, sewing</li> </ul>

**ACTIVITIES OF DAILY LIVING (ADL)**

<b>1. Mobility</b>	<p>Permanently confined to bed even though there may be help to get up.          Sit in a chair (not a wheelchair) all day even though there may be help to walk.          Confined to house/flat and garden.          Utilisation of mobility devices.</p>
<b>2. Locomotion</b>	<p>What is the furthest the person can walk on own without stopping and without severe discomfort?</p> <ul style="list-style-type: none"> <li>- Only a few steps</li> <li>- More than a few steps but less than 200 metres</li> <li>- 200 metres or more</li> </ul>
<b>3. Transfer</b>	<p>Can person get in and out of bed on his/her own?</p> <ul style="list-style-type: none"> <li>- Without difficulty</li> <li>- With some difficulty</li> <li>- Or can person only get in and out of bed with someone's help/assistive devices.</li> </ul> <p>Can person get in and out of a chair on his/her own?</p> <ul style="list-style-type: none"> <li>- Without difficulty</li> <li>- Without some difficulty</li> <li>- Or can person only get in and out of a chair with someone's help/assistive devices.</li> </ul>
<b>4. Dressing</b>	<p>Can person dress and undress him-/herself on his/her own?</p> <ul style="list-style-type: none"> <li>- Without difficulty</li> <li>- With some difficulty</li> <li>- Or can person only dress and undress with someone's help/assistive devices.</li> </ul>

<b>5. Washing</b>	<p>Can person wash their hands and face on own?</p> <ul style="list-style-type: none"> <li>- Without difficulty</li> <li>- With some difficulty</li> <li>- Or can person only wash hands and face with someone's help/assistive devices.</li> </ul>
<b>6. Feeding</b>	<p>Can person feed including cutting up food?</p> <ul style="list-style-type: none"> <li>- Without difficulty</li> <li>- With some difficulty</li> <li>- Or person can only feed with someone's help/assistive devices.</li> </ul>
<b>7. Toilet</b>	<p>Can person get to and use the toilet on his/her own?</p> <ul style="list-style-type: none"> <li>- Without difficulty</li> <li>- With some difficulty</li> <li>- Or person can get to and use the toilet with someone's help/assistive devices.</li> </ul>
<b>8. Continence</b>	<p>Does person ever lose control of bladder/bowels?</p> <ul style="list-style-type: none"> <li>- No</li> </ul> <p>If yes:</p> <p>Does person lose control of bladder and/or bowels:</p> <ul style="list-style-type: none"> <li>- at least once a week</li> <li>- less than once a week but at least once a month.</li> <li>- less than once a month</li> <li>- how often</li> </ul>
<b>9. Hearing</b>	<p>Is hearing good enough to follow a TV/radio programme at a volume others find acceptable?</p> <ul style="list-style-type: none"> <li>- Yes</li> </ul>

	<p>If no: Can person follow a TV/radio programme with the volume turned up or with a hearing aid if necessary?</p> <ul style="list-style-type: none"> <li>- Yes</li> <li>- No</li> </ul>
<b>10. Seeing</b>	<p>Can person see well enough to recognise a friend at a distance of four metres (across a road)?</p> <ul style="list-style-type: none"> <li>- Yes</li> <li>- No</li> </ul> <p>Can person see well enough to recognise a friend at a distance of one metre (at arm's length)?</p> <ul style="list-style-type: none"> <li>- Yes</li> <li>- No</li> </ul> <p>Will it be improved by spectacles?</p>

**OPTIONAL ITEMS**

<b>1. Stairs</b>	<p>Can person walk up and down a flight of stairs without resting?</p> <ul style="list-style-type: none"> <li>- Yes</li> </ul> <p>If no: Can person do this if he/she holds on and takes rests?</p> <ul style="list-style-type: none"> <li>- Yes</li> <li>- No</li> </ul>
<b>2. Retrieval</b>	<p>Can person (when standing) bend down and pick up a shoe from the floor?</p> <ul style="list-style-type: none"> <li>- Yes</li> <li>- No</li> </ul>
<b>3. Speaking</b>	<p>Can person speak without difficulty?</p> <ul style="list-style-type: none"> <li>- Yes</li> <li>- No</li> </ul>