

**Person Requiring Care (PRC) - IDALs (Instrumental Activities of Daily Living)**

Date:

	Daily Activities for 24 Hour Cycle	Estimated time of the day	Hours of Assistance Needed (Estimated Average)			Comments
			Daily (Average)	No of Days per week	Total Hours per Week	
<b>Morning - IADLs</b> (Instrumental Activities of Daily Living)	Getting out of bed	8:30 am - 8:45 am	0.25	7	1.75	PRC needs assistance in getting out of bed every morning. She sleeps in the hospital bed with raised side rails to prevent her from potentially falling off the bed in the night. Or, prevent her from getting out of the bed on her own during the night to avoid potentially falling-off the bed and hurting herself. In the past, without bed rails, PRC had gotten out of bed on her own in the night and had fallen off. Luckily, she did not injure herself.
	Food Preparation	8:45 am - 9:00 am	0.25	7	1.75	PRC's food (raw cut vegetables / fruit trays, cooked vegetables and fruit smoothies) is prepared in advance on a weekly basis and except raw vegetables, other food is frozen. Her frozen food is warmed up and other accompanying items are prepared to feed PRC.
	Feeding	9:00 am - 10:00 am	1	7	7	When PRC is taken out of the bed and if she is not heavily wet or dirty, she gets fed first. Some days she sits in a chair while being fed and other days she likes to be on her feet and walking while being fed. If she is wet or dirty, she gets showered and dressed first and later on fed. Care givers must be flexible with the sequence of her feeding / showering / dressing regimen.
	bathing/Hygiene	10:00 am - 10:30 am	0.5	7	3.5	PRC used to stand in the shower stall to get her daily showers. Now she is afraid to stand and screams loudly. Now she uses a Carousel Swivel and Sliding Shower Chair from the Platinum company. We make her sit on the chair outside of the shower stall and her chair is gently swiveled 90 degrees and then slid into the shower stall to give her shower. She is showered and her hair shampooed everyday. After showering her, same routine is followed in the reverse order to get her out of the shower stall. Then she is assisted to get up and walk to the closet for dressing.
	Dressing/Grooming	10:30 am - 11:00 am	0.5	7	3.5	PRC is incontinent so before dressing her we put her diaper. She is non-cooperative so it takes much longer to dress her. PRC gets her hair oiled and groomed everyday. After initial resistance, she enjoys the routine of putting lotion on her body, grooming and making her hair. She feels totally refreshed in spite of her not having a sense of the time of the day. This daily routine of showering, dressing, grooming must make her realize that it is start of the day which is very important for persons with Alzheimer's to be aware of what is happening and in what context.
	Walking	11:00 am - 12:00 pm	1	7	7	To keep PRC ambulatory, she is walked in our finished and carpeted basement for about one hour in the morning. For her safety, the basement is complexly free of any clutter, obstacles or furniture. For added safety, the structural columns have been wrapped with the bubble wraps in case she bumps into them. Her walks need to be supervised to ensure her safety.
	Light Cleaning/Laundry	12:00 pm - 1:00 pm	0.5	7	3.5	Light cleaning included items, such as, thorough bathroom cleaning for infection control and good hygiene. Washing dishes manually or in the dishwasher depending on the quantity. Kitchen counter cleaned with alcohol. Kitchen floors are swept or vacuumed. Laundry needs to be done daily to ensure PRC's soiled garments are washed daily.
<b>Morning Activities and Assisted Hours</b>			<b>4</b>	<b>7</b>	<b>28</b>	

<b>Afternoon</b>	Resting	1:00 pm - 4:30 pm	Assistance Not Required	N/A	N/A	Person with Alzheimer's disease do not follow a particular regimen or a routine, however, PRC rests for about 3 to 4 hours in the afternoon in a lounge chair in a room with an outside view through the window. During these 3 to 4 hours of resting, she also naps frequently. Since 1 am (her husband) is at home, I can supervise her resting without requiring any caregivers. I feed her lunch of cut vegetables around 2 pm.
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<b>Evening - IADLs</b> (Instrumental Activities of Daily Living)	Diaper Change	4:30 pm - 4:45 pm	0.25	7	1.75	PRC normally wets her diaper after the rest requiring a change of diaper.
	walking / pacing in foyer	4:45 pm - 5:30 pm	0.75	7	5.25	After PRC has had enough rest, we try to keep her on her feet so she can get tired, digest her food and could fall asleep in the night with ease.
	Feeding	5:30 pm - 6:30 pm	1	7	7	Just as in morning, some days PRC sits in a chair to get fed and some days she likes to be on her feet and get fed while she is moving on her feet.
	Supervised walking in the basement	6:30 pm - 8:00 pm	1.5	7	10.5	After dinner, PRC is kept on her feet so she gets to digest her food, get tired and thereby could fall asleep with ease in the night.
	Toileting/Hygiene/ Change of clothes	8:00 pm - 8:30 pm	0.5	7	3.5	PRC resists being changed. She screams loudly when her pants are pulled down (I guess, no one would like their pants pulled down by others!). PRC's bowel movements are regular (between 6:30 pm and 8:00 pm). I chart her bowel movement to monitor her excretion frequency and timing.
	Walking in foyer	8:30 pm - 9:30 Pm	1	7	7	PRC's walk continues for the same reason that she can digest her food, get tired and could fall asleep with ease in the night.
<b>Evening Activities and Assisted Hours</b>			<b>5</b>	<b>7</b>	<b>35</b>	

<b>Night</b>	Go to bed (Sleeping)	9:30 pm - 8:30 am	Assistance Not Required	N/A	N/A	On most nights, PRC sleeps well. I check on her one or two times in the night and change her if required. There are some night when she cannot fall asleep or wakes up in the middle of the night with energy. I sometimes walk her and then she goes back to sleep.
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<b>Daily / Weekly Instrumental Activities and Assisted Hours</b>	<b>9</b>	<b>7</b>	<b>63</b>
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