

**Sumi Mehta's IADLs (Instrumental Activities of Daily Living)**

September 20, 2021

	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	
Morning IADLs	Getting Out of Bed	8:30 am - 8:45 am	0.25	7	1.75	Sumi needs assistance in getting out of bed every morning. She sleeps in a bed with the side rails raised to prevent her from falling off the bed in her sleep. This also prevents her from getting out of bed on her own and hurting herself. Prior to the bed rails, Sumi had gotten out of bed on her own in the night and had fallen. Luckily, she did not injure herself.
	Food Preparation	8:45 am - 9:00 am	0.25	7	1.75	Sumi's food (raw cut vegetables, fruit trays, cooked vegetables and fruit smoothies) is prepared in advance on a weekly basis. Her cooked vegetables are warmed up before feeding her.
	Feeding	9:00 am - 10:00 am	1	7	7	When Sumi is taken out of the bed, if she is not heavily wet or dirty, she gets fed first. Some days she sits in a chair to get fed and some days she is fed while she is moving on her feet. If she is wet or dirty, she gets showered and dressed first and then fed. Caregivers have to be flexible with the sequence of her feeding / showering / dressing regimen.
	Bathing/Hygiene	10:00 am - 10:30 am	0.5	7	3.5	Sumi used to stand in the shower stall while getting showered. Now she is afraid to stand and screams loudly. I (her husband) bought a Carousel Swivel and Sliding Shower Chair from the Platinum Health company. Now she sits on the chair outside of the shower stall and her chair is gently swiveled 90 degrees and then slid 32 inches into the shower stall. After showering, the chair sequence is reversed to get her out of the stall. We help her get up and walk to the closet for dressing.
	Dressing/Grooming	10:30 am - 11:00 am	0.5	7	3.5	Sumi is incontinent so we put her in an adult disposable brief before dressing. She is non-cooperative so it takes much longer to dress her. Sumi 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 in a pony-tail. 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 the start of the day. It is important for persons with Alzheimer's to be aware of what is happening and in what context, so routines are very valuable in this type of care.
	Walking	11:00 am - Noon	1	7	7	To keep Sumi ambulatory, she walks in our finished and carpeted basement for about one hour in the morning. For her safety, the basement is completely free of clutter, obstacles or furniture. For added safety, the basement's structural columns have been covered in bubble wrap in case she bumps into them. Her walk is supervised to ensure her safety.
	Light Cleaning/Laundry	Noon - 1:00 pm	0.5	7	3.5	Light cleaning includes items such as thorough bathroom cleaning for infection control and good hygiene. We wash dishes manually or in the dishwasher depending on the quantity. The kitchen counter is cleaned with alcohol. The kitchen floors are swept or vacuumed. Laundry is done daily to ensure Sumi's soiled garments are washed quickly.
<b>Morning Activities and Assisted Hours</b>			<b>4</b>	<b>7</b>	<b>28</b>	

Afternoon	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 for sleep, however, Sumi relaxes for about 3 to 4 hours in the afternoon in a lounge chair in a room with a window to look outside. During this time, she naps frequently. Since I am at home, I can supervise her resting without requiring any caregivers. I feed her a lunch of cut vegetables around 2 pm.
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Evening IADLs	Disposable Brief Change	4:30 pm - 4:45 pm	0.25	7	1.75	Sumi normally wets her adult brief after her rest period, requiring a change of diaper.
	Walking/Pacing in Foyer	4:45 pm - 5:30 pm	0.75	7	5.25	After Sumi has had enough rest, we try to keep her on her feet so she can get tired, digest her food and fall asleep for the night with ease.
	Feeding	5:30 pm - 6:30 pm	1	7	7	Just as in morning, some days Sumi sits in a chair to get fed and other days she likes to be on her feet and get fed.
	Supervised Walking in the Basement	6:30 pm - 8:00 pm	1.5	7	10.5	After dinner, Sumi is kept on her feet so she gets to digest her food, have her bowel movement, get tired and thereby fall asleep with ease in the night.
	Toileting/Hygiene/Change of clothes	8:00 pm - 8:30 pm	0.5	7	3.5	Sumi resists being changed. She screams loudly when her pants are pulled down. (I guess, no one would like their pants pulled down by others!) Sumi's bowel movements are regular (between 6:30 pm and 8:00 pm). I chart her bowel movements to make sure she avoids constipation.
	Walking in Foyer	8:30 pm - 9:30 Pm	1	7	7	Sumi'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>	

Night	Go to Bed (Sleeping)	9:30 pm - 8:30 am	Assistance Not Required	N/A	N/A	On most nights, Sumi sleeps well. I check on her once or twice in the night and change her if required. There are some nights when she cannot fall asleep or wakes up in the middle of the night with energy. I sometimes let her walk for about 45 minutes 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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