

## **ADP daily living component activity 3 – managing therapy or monitoring a health condition**

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### **Introduction**

1. This chapter provides information on activity 3 of the daily living component of Adult Disability Payment (ADP).
2. This chapter should be read and applied in line with the Overview of Decision Making and the Daily Living Component Introduction.
3. Daily living component activity 3 considers an individual's ability to:
  - take medication, in a domestic setting, that is prescribed or recommended by a registered doctor, nurse, pharmacist or health professional (regulated by the Health Professions Council), which improves the individual's symptoms or health
  - detect significant changes in a health condition which are likely to lead to a deterioration in their health
  - manage therapy, carried out in a domestic setting, that are prescribed or recommended by a registered doctor, nurse, pharmacist or health professional (regulated by the Health Professions Council), which improves the individual's symptoms or health. Therapy should be carried out by the individual at home independently of the medical professional who has prescribed or recommended it.
4. Daily living component activity 3 applies to medication taken, or therapy carried out, in a domestic setting (i.e., home environment) and can include care homes but not hospital or other health care settings.
5. Medication is pharmaceutical treatment which involves the use of medicinal drugs. Drugs are substances which have a physiological effect when ingested or introduced into or onto the body.
6. The following are examples of medication which includes but is not limited to:
  - tablets
  - injections
  - inhaled medications
  - creams
  - transdermal patches

7. Therapy is a non-pharmaceutical treatment which does not involve the use of medicinal drugs.
8. The following are examples of therapy which includes but is not limited to:
  - physiotherapy
  - home dialysis
  - special diets where both attention to the nature and timing of food is integral in the management of the diet and where failing to adhere to the diet would result in an immediate deterioration in an individual's condition
  - psychotherapy
9. There must be a consensus of medical opinion that supports the use of medication and therapy. Hence the necessity for them to be prescribed or recommended for an individual by a registered doctor, nurse, pharmacist or health professional (regulated by the Health Professions Council).
10. Therapy does not include either of the following:
  - taking or applying, or otherwise receiving or administering, medication (whether orally, topically or by any other means)
  - any action which, in the individual's case, falls within the definition of 'monitor a health condition'
11. An individual who requires a therapeutic source to take nutrition would not satisfy the criteria for this activity but may be considered under daily living component activity 2.
12. Monitoring a health condition means the ability to recognise significant changes in an individual's health condition which are likely to lead to a deterioration in their health and taking action as advised by a:
  - i) registered medical practitioner
  - ii) registered nurse
  - iii) health professional who is registered by the Health and Care Professions Councilwithout which the individual's health is likely to deteriorate. Examples of actions to be taken may include, but are not limited to, implement of treatment plans or modifications.
13. Where an individual requires support otherwise from a third party by way of prompting, supervision or assistance, a case manager should usually expect to see evidence demonstrating the role that a third-party plays throughout this activity. For example, in the case of a person with diabetes, whose blood sugar levels can change suddenly, the third-party would be able to monitor for changes and take action, without which the individual's short or long-term health would be at risk.

14. The daily living component activity 3 descriptors describe six levels of functional ability to complete the activity.
- A. Either / or:
    - i. does not receive medication or therapy or need to monitor a health condition
    - ii. can manage medication or therapy or monitor a health condition unaidedNeeds any one or more of the following:
    - i. to use an aid or appliance to be able to manage medication
    - ii. supervision, prompting or assistance to be able to manage medication
    - iii. supervision, prompting or assistance to be able to monitor a health condition
  - B. Needs supervision, prompting or assistance to be able to manage therapy that takes no more than 3.5 hours a week
  - C. Needs supervision, prompting or assistance to be able to manage therapy that takes more than 3.5 but no more than 7 hours a week
  - D. Needs supervision, prompting or assistance to be able to manage therapy that takes more than 7 but no more than 14 hours a week
  - E. Needs supervision, prompting or assistance to be able to manage therapy that takes more than 14 hours a week.<sup>1</sup>
- 1 ADP regs, Schedule 1 Part 2 - Daily Living Activities, Activity (3)*

15. The case manager should consider the reliability criteria when identifying the appropriate descriptor.
16. An individual may use an aid or aids to assist them in completing this activity and this may mean that they satisfy daily living component activity 3 descriptor B, which is covered later.
17. However, an individual may also satisfy daily living component activity 3 descriptor B where they do not use an aid or aids to assist them but, could reasonably be expected to do so.
18. Case managers will also consider if the individual needs prompting, supervision or assistance from another person to complete the activity.

'Prompting' means reminding, encouraging or explaining by another person. This does not have to be in the physical presence of the individual.

'Supervision' means the continuous presence of another person for the purpose of ensuring an individual's safety. The supervision can be in relation to any risk to the individual's safety, whether or not the risk directly results from carrying out the activity in question.

'Assistance' means physical intervention by another person and does not include speech.

19. For the purpose of daily living component activity 3 descriptors C to F, the need for supervision, prompting or assistance to be able to manage therapy applies to the duration of the supervision, prompting or assistance and not the duration of

the therapy.

20. The case manager should also consider what supervision, prompting or assistance to be able to manage therapy an individual could reasonably need but may not actually have.
21. In the case of managing special diets, time spent on supervision and monitoring, cooking or eating is covered in daily living component activities 1 and 2.
22. A nebuliser could be considered to be delivering either medication or therapy depending on the clinical indication and use. In some cases, it may be used to deliver medications, such as salbutamol for asthma. It may also be used in a therapeutic role to deliver nebulised saline water in chronic chest conditions to help loosen mucous secretions and aid chest physiotherapy.
23. In most cases, the process of delivering nebulised liquids encompasses both medication and non-pharmaceutical treatment (therapy) so the higher descriptor may be more appropriate.
24. Daily living component activity 3 considers the following:
  - an individual's ability to take medication out of packaging on the correct date and at the correct time and frequency
  - an individual's ability to carry out therapy on the correct date and at the correct time and frequency
  - therapy must be received in the home environment which will include a care home
  - the time taken to manage therapy is the time taken to deliver therapy rather than the duration of time for therapy to take effect
25. Daily living component activity 3 does not consider the following:
  - an individual who is not taking any medication or having any therapy
  - an individual receiving therapy in a hospital or other health care setting (i.e., not a home setting, which will include a care home)
  - an individual who would need supervision, prompting or assistance if they were taking medication but does not currently take medication

**Daily living component activity 3 descriptor A (0 points) –** Either / or: (i) does not receive medication or therapy or need to monitor a health condition (ii) can manage medication or therapy or monitor a health condition unaided

26. Within the assessment criteria, the ability to perform an activity unaided means without either the use of aids or appliances.
27. The potential future needs of an individual are not considered to be relevant. If an individual takes no medication and receives no therapy, daily living component activity 3 descriptor A is likely to apply.

**Daily living component activity 3 descriptor B (1 point) –** Needs any one or more of the following:

- i. to use an aid or appliance to be able to manage medication
- ii. supervision, prompting or assistance to be able to manage medication
- iii. supervision, prompting or assistance to be able to monitor a health condition

28. Aids and appliances used to help manage medication can include but are not limited to:

- dosette boxes
- alarms set up by an individual or another person on behalf of an individual
- reminders set up by an individual or another person on behalf of an individual
- blister packs of medication
- slide drawer medication boxes
- pill cutters

29. The following devices are not considered to be aids or appliances for managing medication. They are standard devices used to deliver medication or monitor a health condition, and do not replace, improve or provide any impaired function of the client:

- Inhalers
- Inhaler spacers
- injections (e.g., needle & syringe, EpiPen, pump delivery system)
- glucose meters
- nebulisers

If a client uses one of these devices, and does not otherwise require prompting, supervision, assistance, or the use of a device which is considered an aid or appliance to complete the activity, then they may satisfy descriptor A.

30. If an individual requires prompting, supervision or assistance to use a device to take medication or monitor their health condition they may satisfy daily living component activity 3 descriptor B.

31. If an individual can use a device to take medication or monitor their health condition themselves, then this will not be relevant to activity 3.

32. Therapy is not relevant under daily living component activity 3 descriptor B. The focus is medication and monitoring health of an individual.

33. An individual taking methadone (a controlled substance used to treat heroin addiction) under supervision of a health professional would not usually score under daily living component activity 3 descriptor B if their needs do not meet any additional conditions of this descriptor.

34. An individual receiving a slow-release form of medication through a depot injection given in their home would score under daily living component activity 3 descriptor B. If the injection were given outside of their home, then they would not be awarded this descriptor.

35. For the monitoring aspect of daily living component activity 3 descriptor B to apply there usually needs to be a valid reason that an individual is unable to monitor their own health. For example, an individual with a learning disability who needs regular blood pressure testing due to a heart condition and needs the assistance of another person to use a blood pressure monitor at home.
36. If an individual does not take medication due to a lack of insight relating to their health condition, daily living component activity 3 descriptor B will apply.
37. The individual must be unable to reliably manage their medication independently if the use of aids or appliances is required.
38. Supervision may be required to ensure that medication is taken properly, or to minimise the risk of accidental or deliberate overdose. For risk of overdose, it is likely that there will be supporting information to support the severity of the risk.
39. Prompting may be necessary to remind an individual to take medication at certain times, for example due to short-term memory difficulties, or to repeatedly explain why it is necessary for the individual to take medication where the individual's ability to understand is impacted.
40. Assistance may be required for example, where an individual needs physical help opening bottles or taking pills out of blister packs, or help interpreting blood sugar levels to administer the correct dose of medication.

**Example: an individual with Reynaud's phenomena, who satisfies daily living component activity 3 descriptor B (i)**

Nora has Reynaud's phenomena, and experiences pain and immobility in her fingers. This used to only affect her for a couple of months in winter but as it has got worse, she has noticed that it is affecting her nearly every day now. She has completed her application for ADP and included a letter from her practice nurse at the GP surgery to support her application and confirm her diagnosis.

In her application, she says that her medication is difficult to open, especially the smaller tablets that are in a blister packet. She writes that she uses a special pill popper which is like a stapler that goes over the packet of medication. She can then squeeze her whole hand together, instead of just her fingers to push the pill out.

As Nora has difficulties with dexterity, she needs to use a device to help her with this. The case manager determines that Nora satisfies daily living component activity 3 descriptor B because she requires an aid to manage her medication.

**Example: an individual with obsessive compulsive disorder, who satisfies daily living component activity 3 descriptor B (ii)**

Sandra has obsessive compulsive disorder and is supposed to take medication each day to control her symptoms of anxiety. She has written in her ADP application form that this can take her a lot of time because of the rituals that she performs every morning. She has included a letter from her psychiatrist that states that when Sandra is staying with her mum, she will take her medication more frequently because her mum encourages her to take her medication.

In her application, Sandra says that she finds it hard to break the routine of her compulsions but that when her mum is there, she listens to her mum when she reminds her that the medication helps control her anxiety.

As Sandra needs the encouragement from another person to take her medication, without which her anxiety due to obsessive compulsive disorder would not be controlled, she requires prompting.

The case manager determines that Sandra satisfies daily living component activity 3 descriptor B because information shows that the encouragement she receives from her mother is effective and that without it, she wouldn't take her medication to an acceptable standard.

Example: an individual with diabetes who doesn't satisfy daily living component activity 3 descriptor B (ii)

Stephen has diabetes and needs to inject his insulin/medication to manage his diabetes. In his application he says that he can take his medication in this manner without any prompting, supervision or assistance, or any other aid or appliance.

An injection would not be treated as an aid here because while it may be regarded as a device, it simply delivers medication to help Stephen combat his diabetes. The injection itself therefore doesn't improve, provide or replace Stephen's impaired function.

The case manager determines that Stephen satisfies daily living component activity 3 descriptor A(ii) because the information shows that he can manage his medication without prompting, supervision or assistance, or any other aid or appliance.

**Daily living component activity 3 descriptor C (2 points)** - needs supervision, prompting or assistance to be able to manage therapy that takes no more than 3.5 hours a week

41. Therapy can include but is not limited to:

- domiciliary dialysis
- oxygen therapy
- compression bandaging
- psychotherapy, i.e., talking therapies undertaken in the home
- exercise regimes undertaken at home

42. Here is an example where an individual needs 15 minutes of assistance with applying compression bandages every day:

- the assistance required each week totals 1 hour and 45 minutes, even though the individual wears the bandages (undertakes the therapy), all day every day.
- if the individual is visited by a therapist for 1 hour per week but undertakes the therapy independently for 1 hour on the other 6 days, only the 1 hour where they are assisted to manage the therapy should be considered rather than the independent therapy.
- daily living component activity 3 descriptor C is likely to apply as the total time they receive assistance to manage the therapy is under 3.5 hours per week

**Example: an individual with schizophrenia, who satisfies daily living component activity 3 descriptor C**

Tara has schizophrenia and significant paranoia. She has previously been invited to have cognitive behavioural therapy (CBT) at the local hospital, but her anxiety is too severe for her to travel to the hospital to have this therapy. She has a letter from her community psychiatric nurse (CPN) that states that she has CBT at her house instead for 1 hour each week.

In her application for ADP, she reports that the CPN gives her an injection each week because she wasn't taking her medications regularly. She notes that she has the therapy at home and says that this has been ongoing for around 12 months and that it is going to continue indefinitely.

As Tara has a condition that means she cannot travel outside of her house to have therapy and has a nurse visiting her weekly to provide therapy, she needs prompting to do this. She also requires prompting to take her medication because she was previously non-compliant with her medication.

The case manager determines that Tara satisfies daily living component activity 3 descriptor C, because she needs to have therapy at home for less than 3.5 hours per week. She also requires prompting to take her medication which is descriptor B, but because descriptor C gains more points, this would be awarded.

**Daily living component activity 3 descriptor D (4 points)** - needs supervision, prompting or assistance to be able to manage therapy that takes more than 3.5 but no more than 7 hours a week

43. Case managers should note that the same kinds of therapy are relevant to descriptor D as to descriptor C.

44. Here is an example of an individual who undergoes home dialysis for 3 hours on Monday and 3 hours on Friday each week and who requires supervision throughout the duration of the dialysis:

- the supervision required each week totals 6 hours as supervision continues throughout the 3 hour dialysis process, 2 days per week.



- daily living component activity 3 descriptor D is likely to apply as the total time they are supervised to manage the therapy is more than 3.5 but no more than 7 hours a week.

**Example: an individual with oedema of the legs, who satisfies daily living component activity 3 descriptor D**

Gerry has leg ulcers because of oedema (swelling) in both of his legs. He has completed the ADP application form and has a support letter from his practice nurse. The letter describes how the nurses visit him at home to change the dressings on his legs, because his mobility means that he is unable to get to the doctor's surgery. In his application he explains that the nurses visit him every other day to change the dressings on both of his legs.

In the nurse's letter, it explains that because of the swelling of his legs, Gerry is unable to do the dressings himself and they have been changing the dressings for more than a year. It explains that he has a condition of his legs that makes them slow to heal, and so the letter says they do not anticipate being able to stop the dressings in the next 12 months. The application form shows that the nurses spend around 1 hour at his house every other day changing the dressings.

As Gerry is unable to change his dressings himself, he needs someone else who is suitably qualified to do this for him. The case manager determines that Gerry satisfies daily living component activity 3 descriptor D, because he requires the therapy for more than 3.5 hours but no more than 7 hours each week.

**Daily living component activity 3 descriptor E (6 points)** - needs supervision, prompting or assistance to be able to manage therapy that takes more than 7 but no more than 14 hours a week

45. Case managers should note that the same kinds of therapy are relevant to descriptor E as to descriptor C.

46. Here is an example of an individual who requires assistance to perform exercises which have been recommended by a physiotherapist for the purpose of improving a health condition for 1.5 hours every day:

- the assistance required each week totals 10.5 hours as assistance from the physiotherapist to perform exercises is for 1.5 hours each day, 7 days per week
- daily living component activity 3 descriptor E is likely to apply as the total time they are assisted to manage the therapy is more than 7 but no more than 14 hours a week

**Example: an individual with cystic fibrosis, who satisfies daily living component activity 3 descriptor E**

Natalie has cystic fibrosis, a chronic breathing condition, that means that she has a build-up of mucus on her lungs. She has a letter from her respiratory physician that

explains that she has to have special respiratory physiotherapy for 45 minutes twice daily. Her mother has been trained to do this and without it, Natalie's breathing would be likely to deteriorate.

In Natalie's application for ADP, her mother explains that she has to do this therapy for her daughter twice a day because the activity is quite physical so her daughter can't do it by herself. It takes 45 minutes twice daily, every day.

As Natalie needs to have specialist therapy performed by someone trained to do it and she can't do it herself, she requires assistance.

The case manager determines that Natalie satisfies daily living component activity 3 descriptor E because she requires the therapy for 45 minutes twice daily which is 1.5 hours per day and totals 10.5 hours per week.

**Daily living component activity 3 descriptor F (8 points)** - needs supervision, prompting or assistance to be able to manage therapy that takes more than 14 hours a week

47. Case managers should note that the same kinds of therapy are relevant to descriptor F as to descriptor C.

48. Daily living component activity 3 descriptor F is most likely to apply to an individual who is undergoing intensive and prolonged therapeutic treatment which requires the presence of another person to prompt, supervise or assist and without which the individual would be unable to undertake the therapy.

49. In making this decision, the case manager should have considered the reliability criteria when identifying the appropriate descriptor.

**Example: an individual with cerebral palsy who satisfies daily living component activity 3 descriptor F**

Mary has cerebral palsy and is 20 years old. She sees a physiotherapist once a day at home and her mum performs her physiotherapy exercises at home. Once a week she has a massage therapist visit, to help reduce her muscle tension and stiffness.

Her mum has completed her ADP application form, and her physiotherapist has written a letter in support of her application. The physiotherapist explains that she visits Mary every morning where she performs an hour of physiotherapy, starting with her arms and hands, and then exercising her hips, legs, knees and feet. The physiotherapist explains that without these exercises twice a day, her muscles may become rigid, and she would be unable to function well.

In her application form, her mum explains that due to limited NHS availability, she can only see a physiotherapist once a day, so the physiotherapist has given her special training to perform these exercises in the evening as well. This is confirmed in the physiotherapist letter. The application form states that once a week, Mary sees a massage therapist who gives her a deep tissue massage, to help with her muscle

pain. In total, she has two sessions of physiotherapy each day which are 1 hour long, and her massage therapist session is 1 hour per week.

As Mary has to have her therapy at home, and because she cannot perform her own physiotherapy, she requires assistance to do this. The case manager determines that Mary satisfies daily living component activity 3 descriptor F, because each session is 1 hour and is twice weekly, which is 14 hours in total. Then she has a 1-hour massage therapy session. She has assistance with a total of 15 hours of therapy each week.

**[End of chapter]**