

ADP daily living component activity 1 – preparing food

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Introduction

1. This chapter provides information on activity 1 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. This activity considers an individual's ability to prepare and cook a simple meal from fresh ingredients. Decision makers will consider whether the individual uses aids or appliances such as a perching stool, impaired sight utensils etc., whether they use a cooker or a microwave, and whether they require any help.
4. "Cook" in this section means to heat food at or above waist height on a standard height cooker hob or using a microwave.
5. "Prepare" in this section means to make food ready for cooking or eating,
6. A "simple meal" is a one-course meal for one person using fresh ingredients.
7. Fresh ingredients includes items like vegetables, meat and pasta, but does not include any prepared meals or pre-chopped ingredients.
8. Daily living component activity 1 considers an individual's ability to:
 - open packaging
 - peel and chop
 - transfer a meal on to a plate or into a bowl
 - use a microwave oven or cooker hob to cook or heat food
 - identify whether or not food is safe to eat
 - hear (if visual indicators such as a flashing light instead of sound couldn't be used on a kitchen appliance)
9. Daily living component activity 1 does not consider an individual's ability to:
 - bend
 - access food or utensils from cupboards
 - move around the kitchen

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- hear (if visual kitchen indicators such as a flashing lights instead of sound could be used on a kitchen appliance)
- food presentation
- shop for food
- use an oven to cook food

10. It considers an individual's ability in a standard kitchen but not in an adapted kitchen that has adaptations such as a lower height cooker hob, worktop or sink. If a kitchen has been modified, for example:

- to lower worktop height
- to change knobs on the cooker hob
- to add safety features

case managers should no longer consider this to be a standard kitchen, and the appropriate descriptor should be applied as if these modifications had not been implemented.

11. Daily living component activity 1 does not consider:

- an individual's dietary choices, the nutritional value of their food or the type of food they cook or prepare.
- an individual's ability to carry items around the kitchen or carry food to where it will be eaten. An example of this would be transferring the plate to the kitchen table where the meal is consumed.

12. It is important that the functional abilities of an individual in preparing food are considered in this activity, and not an individual's lack of skill or opportunity to learn.

For example John has dyslexia and has lived at home with his parents throughout his life. His mother does all his cooking for him. John reports that he could prepare and cook a simple meal but has never learnt. In this case while John isn't cooking, this is a choice and there appears to be no reason that would stop John from preparing and cooking a simple meal. The case manager must instead consider his ability, were he to cook, to carry out the activities.

13. If an individual cannot cook because they have never needed to learn, case managers should consider the individual's ability to carry out activities at or above waist height, and their cognitive ability to use a cooker hob if shown how.

14. The descriptor should be selected based on which descriptor would apply to the individual, were the individual to carry out the activity. If the individual

- does not prepare or cook through choice rather than necessity;
- uses everyday objects to assist them for ease rather than necessity; or
- has someone else prepare meals for them through choice rather than necessity,

then the descriptor should be chosen based on what would apply to them, were they to undertake the activity.

15. The daily living component activity 1 descriptors describe six levels of functional ability to complete the activity.

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- A. Can prepare and cook a simple meal unaided.
- B. Needs to use an aid or appliance to be able to either prepare or cook a simple meal.
- C. Cannot cook a simple meal using a conventional cooker but is able to do so using a microwave.
- D. Needs prompting to be able to either prepare or cook a simple meal.
- E. Needs supervision or assistance to either prepare or cook a simple meal.
- F. Cannot prepare and cook food.¹

1 ADP regs, Schedule 1 Part 2 - Daily Living Activities, Activity (1)

16. When considering this activity and identifying the appropriate descriptor, it will be useful to consider the following challenges an individual may live with:

Physical difficulties can impact an individual's:

- ability to chop food
- ability to transfer food from chopping board to pan or pan to plate
- ability to strain food
- ability to stand at the hob unaided

Mental health difficulties can impact an individual's:

- motivation to prepare and cook
- ability to prepare and cook safely, for example being able to remember they have food cooking
- perception of the activity, for example if they are prone to hallucinations

Cognitive abilities can impact an individual's:

- understanding of the process of cooking
- ability to sequence stages in the process of cooking

Sensory experience difficulties can impact an individual's ability to see so that they can prepare and cook food safely.

Case managers should also consider challenges which may impact an individual's ability to carry out this activity safely such as:

- a loss of consciousness
- altered consciousness or
- a total loss of awareness and surroundings (such as epileptic seizures)

17. An aid or appliance means any object or device which the individual needs to perform an activity, and it improves, provides or replaces the individual's impaired mental or physical function. This can include an object or device which a person without a disability might use for the same function.

18. An individual may use an aid or appliance to assist them in completing this activity and this may mean that they satisfy daily living component activity 1 descriptor B, which is covered later. Common aids can include:

- Chopping aids
- Perching stool

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- Grip handles
- Extended lever kitchen taps

This list is not exhaustive.

19. A case manager should consider both aids and appliances that an individual uses, and aids and appliances that they could reasonably be expected to wear or use.

20. 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.

A case manager should consider whether the individual could reasonably require prompting, supervision or assistance from another person in addition to whether they actually receive it. An individual may be considered to require prompting, supervision or assistance even if it is not available or provided.

Daily living component activity 1 descriptor A (0 points) - Can prepare and cook a simple meal unaided

21. Within the assessment criteria, the ability to perform an activity unaided means without either the use of aids or appliances.

22. This descriptor will include those who are able to prepare and cook a simple meal unaided, but:

- do not prepare or cook through choice rather than necessity;
- use everyday objects to assist them for ease rather than necessity; or
- have someone else prepare meals for them through choice rather than necessity

Daily living component activity 1 descriptor B (2 points) - Needs to use an aid or appliance to be able to either prepare or cook a simple meal

23. Daily living component activity 1 descriptor B is most likely to apply to an individual who needs to use an aid or appliance to prepare or cook a meal.

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24. Case managers should consider whether an individual requires the aid or appliance to carry out the activity or if they are using it as a choice or preference.
25. If an individual is reliant on pre-chopped vegetables, a case manager should consider whether the individual can peel or chop with the use of an aid.
- If they can, this descriptor is likely to apply.
 - If they cannot, the individual needs assistance to prepare a simple meal and this descriptor is not likely to apply.

Example: An individual living with chronic obstructive pulmonary disease who satisfies daily living component activity 1 descriptor B

Jenny has reported in her ADP application form that she feels breathless when preparing a meal and her application shows that she has chronic obstructive pulmonary disease.

She has a GP letter which shows that she sees her practice nurse every year for a review of her asthma and she is currently prescribed a standard 'relieving' inhaler along with a 'preventer' steroid inhaler, and also takes a specialist medication to control the secretions from coughing.

She explains in her application that if she is active she gets more breathless and so has to rest on a stool in the kitchen so that she does not exert herself too much. She says that when she is using this stool she can chop and peel vegetables normally and is able to use the hob whilst she is on this stool.

As she needs to use the perching stool to prepare and cook a meal at waist height, the case manager determines that Jenny satisfies daily living component activity 1 descriptor B, because the stool is an aid in performing this activity.

Example: An individual living with glaucoma who satisfies daily living component activity 1 descriptor B

Mark has recently been diagnosed with glaucoma in his right eye. He sees an eye specialist at the hospital and his condition is stable. His hospital doctor has sent supporting information that suggests the vision in his right eye is reduced by around 50%.

In his ADP application Mark writes that he has been given a fluid level indicator by an occupational therapist and he uses this when he is cooking to make sure he does not spill liquids. He goes on to say that he is able to use a device called a mandolin when preparing his vegetables and uses this instead of knives because he worries about cutting himself, but is able to use the mandolin safely himself.

From his consultation report, it is noted that he is able to tell when food is cooked because the vision is good enough in his left eye to see colour, but that because of the reduction of vision, he finds it difficult to see clear liquids and so uses the fluid level indicator.

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As Mark needs to use this indicator to safely cook his food and he uses a mandolin to safely prepare his meals, the case manager determines that Mark satisfies daily living component activity 1 descriptor B as these devices are considered to be aids.

Daily living component activity 1 descriptor C (2 points) - Cannot cook a simple meal using a conventional cooker but is able to do so using a microwave

26. Daily living component activity 1 descriptor C may apply to an individual who cannot safely use a cooker hob, but they are able to use a microwave instead.

27. Using a microwave does not mean the heating of ready prepared microwave meals, and as a result this wouldn't be enough to satisfy descriptor C.

28. Case managers should be aware that this descriptor does not remove the requirement to be able to complete the rest of the activity –i.e. prepare a meal unaided - such as by:

- chopping
- peeling
- knowing when the food is cooked
- being able to serve the meal

29. An individual with frequent but predictable seizures, or other events which affects their level of consciousness, should usually be able to use a conventional cooker if this allows them to remove themselves from any danger before the seizure occurs. An individual with unpredictable seizures may need to use a microwave to avoid the risk of burning themselves with a conventional cooker. There could also be instances when an individual with unpredictable seizures may not be able to use a microwave safely, in which case another descriptor would apply.

30. An individual who uses an aid or appliance may satisfy this descriptor, if in addition to using the aid or appliance, they cannot safely use a cooker hob, but they are able to use a microwave instead.

Example: An individual living with dementia who satisfies daily living component activity 1 descriptor C

Bryan has dementia and his ADP application form was written by his wife who has also written a supporting letter. She explains that while he can still do most things for himself like dressing and washing, these are because they are habitual and he knows that he has to wash and dress after waking up.

In his application form, she states that whenever he is in the kitchen he often forgets that he is cooking and gives an example that he was making himself an omelette for breakfast. He knew how to make it and was able to chop the onion and whisk the eggs, but when he was cooking on the stove, he left the pan on and went to answer the front door, and she smelled the burning eggs and had to turn the cooker off. After that, they bought a tool from a catalogue that means he can make omelettes in the microwave now.

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Bryan has a letter from his dementia specialist which shows that he has the early effects of dementia and that his brain function is still quite good, but there are times when he forgets things and this includes cooking.

As Bryan's memory is affected, he would need to use a microwave to cook a meal, but is able to prepare the meal himself without any help. The microwave stops the risk of leaving the cooker unattended because it will turn itself off. The case manager determines that Bryan satisfies daily living component activity 1 descriptor C because of needing to use the microwave to remain safe.

Example: An individual living with epilepsy who satisfies daily living component activity 1 descriptor C

Cheryl has generalised epilepsy which means that she can collapse to the floor and have a seizure. She has had epilepsy since childhood and when she was younger she used to get a strange taste in her mouth for about 10 minutes before a seizure.

She reports in her ADP application that since adulthood she has stopped having these warnings and so can have a seizure without knowing. During a seizure she drops to the floor, is limp and is unconscious for about 4 or 5 minutes, but after having a seizure she is dazed and confused for around 2 hours and has to sleep.

She reports that she has to be especially careful in the kitchen because she does not know when she might have a seizure. She has a letter from her neurologist that says that she has a seizure once or twice a week.

As Cheryl has unpredictable seizures and has the risk of leaving the cooker while unconscious, she needs to use the microwave to cook her meals. Although using a knife could make preparing food unsafe for Cheryl during a seizure, using an aid to slice food instead removes this risk. Descriptor B is therefore also possibly relevant to Cheryl. However, the case manager determines that Cheryl satisfies daily living component activity 1 descriptor C because Cheryl needs to use the microwave to remain safe. As a result this is the descriptor which should apply to her as it is the descriptor which she can satisfy in line with the reliability criteria.

Daily living component activity 1 descriptor D (2 points) - needs prompting to be able to either prepare or cook a simple meal

31. Prompting means reminding, encouraging or explaining by another person. For example this may apply to:

- an individual who lacks motivation to prepare and cook a simple meal due to a mental health condition
- an individual who needs reminded how to prepare and cook a simple meal because they have a learning disability regardless of whether they are reminded or not.

32. Daily living component activity 1 descriptor D is most likely to apply to an individual whose needs relate to mental health conditions and / or conditions that impact their cognitive abilities.

Example: An individual living with depression who satisfies daily living component activity 1 descriptor D

James has depression and takes Venlafaxine 150mg which is a moderate dose of a second line antidepressant. He has sent an application form along with a letter from his community psychiatric nurse (CPN). His ADP application shows that he has lots of difficulty with motivating himself to do things and that he has a level of self-neglect which results in him not making food for himself, as well as things like not wearing clean clothes and not showering regularly.

His CPN has written a letter to support his application which goes in to some more detail about how his mum rings him at home every day and tells him to make himself some food. Most of the time when his mum rings it takes a bit of nagging but he will then make himself something from the freezer. In his application form he says that he will make something like chicken nuggets and beans or a pizza in the oven.

As James needs to be encouraged to prepare and cook a meal for himself, he requires prompting to perform this activity. Although his application form and CPN letter does not mention whether he can do the physical parts of this activity such as chopping and peeling, it is unlikely that he would need to use aids because of his mental health condition and he has no other conditions which indicate that he would be unable to prepare and cook a simple meal from fresh ingredients with prompting. The case manager determines that James satisfies daily living component activity 1 descriptor D because he needs to be prompted by his mum to make himself a meal.

Example: An individual with global developmental delay who satisfies daily living component activity 1 descriptor D

Sarah has global developmental delay and is 17 years old. Her mum who is her appointee completed her ADP application for her. It says that when she attended a school for children with additional needs she did some cooking lessons and she learned some basic recipes. Her mum says that she particularly enjoys making cakes.

In her application form her mum says that Sarah has to be reminded of some of the steps of making meals but that she will help her mum in making the family meals. Her mum gives an example of making a Sunday roast and says that she will give Sarah a list of things to do like "can you peel and chop the potatoes and then put them on the cooker" and Sarah will follow these instructions but then needs more instructions afterwards to know what to do.

Sarah has a report from her school that showed that this was the case throughout her education. If she was given guidance and encouragement she could perform a task well and had quickly learned about safety issues such as sharp knives and naked flames.

Her application form shows that she has never had any accidents in the kitchen and she knows how to check when food is cooked if instructed to do so.

As Sarah needs to be reminded to perform tasks in a certain order she requires prompting to perform this activity. She does not need supervision because she can keep herself safe in the kitchen. The case manager determines that Sarah satisfies daily living component activity 1 descriptor D because of the prompting she receives from her mother to perform this activity.

Daily living component activity 1 descriptor E (4 points) - needs supervision or assistance to either prepare or cook a simple meal

33. Supervision means the continuous presence of another person for the purposes of ensuring the safety of an individual.

34. Assistance means physical intervention by another person and does not include speech. Assistance involving speech is considered in daily living component activity 7 (communicating verbally).

35. Daily living component activity 1 descriptor E may apply to an individual who:

- requires supervision to safely prepare or cook food using a cooker hob or microwave oven
- is unable to prepare vegetables without supervision or assistance, even with an aid or appliance
- is unable to determine whether food is safe to eat, for example that the meat is properly cooked because of a sensory experience condition or their cognitive ability
- is at significant risk of harm from knives etc., due to a mental health difficulty, e.g. has visual or auditory hallucinations

36. A case manager may consider that an individual can be involved in some part of the activity, but may not be able to complete all of it without assistance or supervision. For example:

- An individual whose needs relate to their cognitive abilities who can stir and mix, but is unable to follow the remaining steps involved in cooking a simple meal or keep themselves safe during the process.
- An individual with arthritis who has a range of movement in their arms and shoulders that allows them to stir, but it is insufficient to chop and peel or transfer food even with aids being available to them.

Example: An individual with rheumatoid arthritis who satisfies daily living component activity 1 descriptor E

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Judith has rheumatoid arthritis that affects her hands, wrists, shoulders and neck. She takes specialist medication every day and visits the hospital every 6 weeks for an injection. Her rheumatology doctor has sent a medical report which shows that she has very limited hand movements and that stiffness in her fingers means her ability to grip things in either hand is greatly reduced.

Her ADP application form shows that when she is making a meal for herself, although she is able to hold on to a big wooden spoon to stir things in a pan, she relies on her daughter to chop big batches of vegetables up for her that she can use through the week. She sometimes uses frozen mixed vegetables if her daughter has not done the chopping and peeling at the weekend.

She fills the pan by using a jug and doing it a little bit at a time. By doing this she is able to cook vegetables and rice and will make simple meals for herself.

The arthritis in Judith's hands means she is unable to use aids well enough to prepare vegetables for cooking. She has some movement in her hands that allows her to cook a meal at waist height but needs some help with preparation.

The case manager determines that Judith satisfies daily living component activity 1 descriptor E because of the assistance that her daughter gives her in the preparation of the meal and when her daughter isn't there, the chopped vegetables provide the same assistance, because they are already cut up for her.

Example: An individual who is blind who satisfies daily living component activity 1 descriptor E

Jeremy is registered blind and has an assistance dog. His ADP application was filled in online by the citizen's advice bureau, where he said the answers and they wrote his answers on the form for him. They also included his certificate of blindness with the application.

In his application it says that he tries his best to cook food for himself at home and tends to use the microwave to heat his meals. He puts everything in the microwave for 5 minutes and then tests to see if it is hot enough. He is unable to read the instructions on the packet to know how long to cook his food for. His application explains that he can chop vegetables up himself by feel, but he has on occasion dropped food on the floor and been unable to find it which has caused him to slip or trip. He said that because he uses his hand to test if food is cooked he has sometimes burned himself.

As Jeremy is unable to safely prepare his ingredients, he would require an aid, but because of his difficulties in determining whether food is cooked or not, which is noted by the unsafe manner that is he currently adopting, he requires another person to help him with this. Although reading instructions is not considered in this activity, the ability to know whether food is cooked is considered in the ability to meet the acceptable standard criteria.

The case manager determines that Jeremy satisfies daily living component activity 1 descriptor E because of his need for assistance from another person to be able to cook a simple meal.

Example: An individual with schizophrenia who satisfies daily living component activity 1 descriptor E

Simon has schizophrenia and experiences paranoid delusions. His ADP application form was completed by his mother and she has also sent a letter from his psychiatrist. The letter outlines that one of Simon's delusions is that he has been implanted with a tracking device by the government and has previously been hospitalised after cutting both of his arms deliberately to get the devices out.

His mother writes in the application form that all the sharp knives are locked away in the kitchen and that Simon is only allowed to use them if someone else is in the kitchen with him to make sure that he does not harm himself again.

As Simon has a risk of self-harm by cutting himself with a knife, he needs someone to watch him all the time whilst he is preparing and cooking a meal to make sure that he doesn't cut himself again. The case manager determines that Simon satisfies daily living component activity 1 descriptor E because of the need for supervision by another person to maintain Simon's safety.

Example: An individual with Down's Syndrome who satisfies daily living component activity 1 descriptor E

Rachel has Down's Syndrome. Her ADP application form was completed by her support worker whom she sees every day at the day centre. They have also written a letter in support of her application.

In the letter it says that Rachel really enjoys it when they make cakes at the day centre but she has to be watched all the time because she does not understand the dangers in the kitchen. The letter says that she once burned her hand because she tried to take a cake out of the oven without wearing oven gloves.

Her application shows that she is able to prepare the ingredients such as breaking an egg and squeezing a lemon, but because of her difficulty in recognising hazards she has to be watched.

As Rachel is unable to cook safely, she needs to have the presence of another person to ensure her safety even although she can perform some of this activity.

The case manager determines that Rachel satisfies daily living component activity 1 descriptor E because whilst she could likely prepare a meal with prompting, she also requires supervision to keep her safe from hazards such as naked flames or hot implements whilst in the kitchen, .

Example: An individual living with absence seizures who satisfies daily living component activity 1 descriptor E

Pippa experiences absence seizures, which means that she can become unaware of her surroundings and performs automatic movements. She completed her ADP application herself and has also sent a letter from her neurologist. The letter from her

neurologist shows that her automatic movements include smacking her lips together and banging her hands against her legs. She reports that when she has a seizure she often continues what she is doing without realising. She does not get any warnings of her seizures.

Pippa includes an example in her application form when she was making herself some cheese on toast and thought she was being extra careful by using an aid to help her to slice the cheese so that there were no exposed blades, but started to have a seizure. When she came round some time later, she had caused cuts on her hands because she was holding the aid throughout. Her neurologist letter also gives another example where she was making herself some food in the microwave and had an absence seizure without knowing. Because of her disorientation and lack of awareness, she took the hot bowl straight out of the microwave and burned her hand badly.

As Pippa is at risk of harm as a result of her altered state of consciousness, she needs to have someone watching her all the time when she is preparing a meal to make sure she is safe. Although she is physically able to perform all of this activity, there is a proven and significant risk of harm if she were to try to do this alone. The case manager determines that Pippa satisfies daily living component activity 1 descriptor E because she needs to have someone supervising her during the entire activity to make sure she remains safe.

Daily living component activity 1 descriptor F (8 points) - Cannot prepare and cook food

37. As with all other activities, daily living component activity 1 descriptor F refers to the functional abilities of an individual to prepare food activity, and not an individual's lack of skill or opportunity to learn

38. A case manager should be aware that an individual is most likely to satisfy this descriptor if they are unable to prepare and cook food (even with assistance or supervision).

39. If an individual can do one of these (preparing or cooking), then a lower descriptor is likely to be more appropriate.

Example: An individual living with paralysis who satisfies daily living component activity 1 descriptor F

Christopher has been using an electric wheelchair since early adulthood when he was involved in a car accident that caused paralysis from the shoulders down. He is able to use his adapted wheelchair with a joystick underneath his chin and lives in a house that is wheelchair accessible.

His partner filled in the ADP application form and he has a letter from his GP which confirms his needs. His application overall shows that his partner does most daily living tasks for Christopher.

As Christopher cannot move any part of his body and is unable to participate in this activity, he requires someone else to complete the activity. The case manager

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determines that Christopher satisfies daily living component activity 1 descriptor F because he is unable to perform any part of this activity reliably.

Example: An individual with severe developmental delay who satisfies daily living component activity 1 descriptor F

Jack has had severe developmental delay from birth. He lives in a 24 hour supported house with 3 of his friends and two full time staff. His ADP application form was completed by Nicola who is his social worker. She also includes a letter so that Jack will not need to come to a consultation because he would find this difficult.

She notes that Jack cannot be left alone in the kitchen at any time because of the risks to his safety. He has no awareness of danger and often puts things in his mouth. She also explains that he is unable to follow any instructions. His meals are prepared for him by the staff because she states that Jack is not able to follow instructions and does not have insight of any dangers in the kitchen.

Given the impact Jack's condition has on him, prompting and supervision together would not be enough to ensure that he was safe in the kitchen. He cannot follow instructions and so would not be able to prepare a meal. It would also not be safe for Jack to prepare a meal. The case manager determines that Jack satisfies daily living component activity 1 descriptor F because he cannot participate at all in this activity.

[End of chapter]