

ADP daily living component activity 4 – washing and bathing

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Introduction

1. This chapter provides information on activity 4 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 4 considers an individual's ability to wash and bathe.
4. Washing means cleaning one's body and hair, including removing dirt and sweat.
5. Bathing includes getting into and out of both an un-adapted bath and an un-adapted shower.
6. It should be considered whether an individual would be able to use both an un-adapted bath and an un-adapted shower, even if they do not have access to both.
7. A wet room is an example of an adapted shower. If an individual reasonably requires use of a wet room it could be evidence that the individual cannot access an un-adapted bath or shower. Consideration should be given to an individual's ability to use an un-adapted bath and shower and establish what, if any, help they need in relation to using these.
8. A shower attachment on a bath is usually considered to be an un-adapted shower.
9. The daily living component activity 4 descriptors describe seven levels of functional ability to complete the activity.
 - A. Can wash and bathe unaided
 - B. Needs to use an aid or appliance to be able to wash or bathe
 - C. Needs supervision or prompting to be able to wash or bathe
 - D. Needs assistance to be able to wash either their hair, or body below the waist

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- E. Needs assistance to be able to get in or out of an unadapted bath or shower
- F. Needs assistance to be able to wash their body between the shoulders and waist
- G. Cannot wash and bathe at all and needs another person to wash their entire body.¹

1 ADP regs, Schedule 1 Part 2 - Daily Living Activities, Activity (4)

10. The reliability criteria should be considered when identifying the appropriate descriptor for this activity.
11. Where an individual wears or uses, or could reasonably be expected to wear or use, an aid and/or appliance to assist them in completing this activity, this may mean that they satisfy daily living component activity 4 descriptor B, which is covered later.
12. 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.
 - “needs” means what is reasonably required but may not actually have

A case manager should consider an individual’s functional ability to establish if they need an aid or appliance, such as a grab rail, to get in or out of an un-adapted bath or shower. In this case daily living component activity 4 descriptor B may apply.

13. A case manager should consider an individual’s functional ability to establish if they need assistance to get in and out of an un-adapted bath or shower. Where the individual does require such assistance daily living component activity 4 descriptor E may apply.
14. A case manager should consider an individual’s functional ability to establish if they require prompting or supervision to get into or out of an un-adapted bath or shower, in which case daily living component activity 4 descriptor C may apply.
15. The frequency of how often an individual is both able to wash or chooses to wash should be considered. A change in frequency (both a decrease and an increase

where it is deemed excessive) could be indicative that the individual has needs relating to their condition or disability.

16. Excessive frequency may describe completing an activity more than two times as often as is common. For example choosing to wash at least twice every day, where there is no specific additional reason, such as having taken exercise, could be deemed excessive. A case manager should take a person-centred approach in considering what may be deemed excessive in each individual's situation.
17. Daily living component activity 4 does not consider the following:
- an individual's ability to shave
 - an individual's ability to brush their teeth
 - an individual's ability to open bottles such as shampoo and / or shower gels
 - an individual's ability to wash their upper spinal region

Daily living component activity 4 descriptor A (0 points) – can wash and bathe unaided

18. Within the assessment criteria, the ability to perform an activity unaided means without the use of aids or appliances, prompting, supervision or assistance.
19. Daily living component activity 4 descriptor A usually applies to an individual who can wash and bath unaided, including getting into and out of both an un-adapted bath and un-adapted shower.
20. The majority of individuals cannot touch every single part of their back. Most individuals without a disability cannot access their upper spinal region. If an individual needs an aid or appliance or requires assistance to reach their upper spinal region this is likely to be insufficient in itself to meet the criteria for daily living component activity 4 as the majority of individuals may experience the same restriction.

Daily living component activity 4 descriptor B (2 points) – needs to use an aid or appliance to be able to wash or bathe

21. Daily living component activity 4 descriptor B is most likely to apply to an individual whose needs relate to their physical abilities.
22. Needs relating to mental health difficulties and conditions, for example motivation to wash or bathe are usually unlikely to satisfy daily living component activity 4 descriptor B. In this case daily living component activity 4 descriptor C may be more appropriate.
23. Aids or appliances used to assist an individual to manage washing or bathing may include but are not limited to the following items:
- bath board
 - long handled sponge

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- non-slip mat(s)
- grab rail(s)
- foot brush
- shower seat

24. Examples of an individual's use of aids or appliances for the purposes of daily living component activity 4 descriptor B may include but are not limited to the following:

- a long handled sponge to wash parts of the body that an individual living with no needs relating to their physical abilities could access independently
- a grab rail in the bath where an individual has issues with balance, stability or upper body strength
- a shower seat where an individual has difficulty standing for the time taken to shower
- a shower seat that an individual with a condition such as epilepsy needs for safety reasons so that if they have a seizure they do not fall as far to the floor

Example: an individual with sciatica who satisfies daily living component activity 4 descriptor B

Marcus has sciatica that causes pain in his lower back. He has completed his ADP application form and notes that he has experienced back pain for many years. He attends a pain clinic every 6 months and discusses pain relieving medications with them. He currently takes a regular painkiller which is partially effective in relieving his pain, but still has difficulty with some movements, especially if he has to stand up for long periods of time.

He has included a letter from a specialist pain clinic nurse. It states that he cannot stand for more than 5 minutes at a time without his pain increasing and having to sit down again. It also states that he has been given a perching stool for the kitchen and a shower stool for the bathroom so that he doesn't have to stand for long periods of time.

As Marcus has difficulties with standing for long periods, and this activity requires standing for at least 5 minutes to have a shower it is reasonable that Marcus would be restricted by his pain. The case manager considers his ability to use a bath which is not noted explicitly. It is probable that he can get in and out of the bath because there is no limb weakness noted and that he can sit in the bottom of the bath as his pain is increased when standing.

The case manager determines that Marcus satisfies daily living component activity 4 descriptor B because he requires the aid of a shower stool to relieve his pain whilst standing to allow him to complete this activity to an acceptable standard.

Daily living component activity 4 descriptor C (2 points) – needs supervision or prompting to be able to wash or bathe

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25. Daily living component activity 4 descriptor C is most likely to apply to an individual who has needs relating to mental health, cognitive, or neurological conditions.
26. A neurological condition that leads to a change in an individual's consciousness (eg. epilepsy) requiring supervision will usually be considered as part of daily living component activity 4 descriptor C. Where other needs are also present an alternative descriptor may be more appropriate.
27. Prompting means reminding, encouraging or explaining by another person. For this descriptor prompting may apply to an individual who lacks the motivation to wash or needs to be reminded to wash.
28. If an individual can wash or bathe the majority of the time without risk of injury, for example because the symptoms they experience are managed by medication, then daily living component activity 4 descriptor C would not apply.
29. Supervision may apply to an individual where there is a safety risk from seizures.

Example: an individual with a learning disability who satisfies daily living component activity 4 descriptor C

Nigel has a learning disability and his ADP application form has been completed by his father whom he lives with. His father explains that Nigel can manage some of the activities in the application form but there are times that he doesn't understand dangers. He explains that Nigel enjoys having a bath, but if he were to be left to do it himself, he would switch the hot water on and fill the bath. His father mentions that he has done this twice before and the most recent time experienced a significant burn to his foot because he didn't understand the danger of hot water.

Along with his application form is a letter from his GP which confirms that Nigel has a learning disability and lacks insight into dangerous situations such as talking to strangers, using open flames to cook and testing the temperature of water.

As Nigel lacks awareness of danger or safety which is needed to complete this activity, he needs someone to be with him to make sure that he is safe when completing this activity.

The case manager determines that Nigel satisfies daily living component activity 4 descriptor C because of the need for supervision to ensure that this activity is completed in a safe manner.

Daily living component activity 4 descriptor D (2 points) – needs assistance to be able to wash either their hair, or body below the waist

30. Daily living component activity 4 descriptor D is most likely to apply to an individual whose needs relate to their physical abilities.

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31. Daily living component activity 4 descriptor D is most likely to apply to an individual who is unable to use aids or appliances and who is unable to reach their lower limbs or their hair.

Example: an individual with osteoarthritis who satisfies daily living component activity 4 descriptor D

Linda has osteoarthritis of the spine which causes her significant back pain throughout the day. She is under the care of her GP. Her GP has sent a letter which details the strong painkillers she takes to help with her back pain.

In her application for ADP she notes that she uses a grab rail and a shower seat to use the shower and when she uses the bath she sits on a bath board. She is unable to wash her legs or feet because even when sitting and using a long handled sponge it is too painful for her to bend forwards to wash them.

As Linda is unable to reach her feet to wash them and is unable to use aids to help her, she needs another person to help her.

The case manager determines that Linda satisfies daily living component activity 4 descriptor D because she needs the assistance of another person to wash below her waist to an acceptable standard.

Daily living component activity 4 descriptor E (3 points) – needs assistance to be able to get in or out of an unadapted bath or shower

32. Daily living component activity 4 descriptor E describes physical assistance from another person and may be applied as a hypothetical test to consider whether an individual needs assistance to get into and out of either one of an un-adapted bath or an un-adapted shower.

33. Un-adapted baths and showers include the following:

- a shower over a bath
- a shower cubicle (a partitioned area with a threshold or ledge to step over)
- a shower attachment on bath taps

34. An individual who is unable to access either one of an un-adapted bath or shower without assistance from another person is likely to satisfy daily living component activity 4 descriptor E.

35. Even if the individual doesn't have a wet room shower, if its use is reasonably required, should be considered as evidence that an individual is unable to get into an un-adapted shower.

Example: an individual with a prosthetic limb who satisfies daily living component activity 4 descriptor E

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Riva had an amputation of her left leg below the knee following a car accident a year ago. She wears a prosthetic limb when she walks but notes on her application for ADP that she is unable to wear this when she showers. Along with her application she has included a hospital discharge letter that shows she had her leg amputated below the knee.

In her application she explains that because she has one foot, she finds it difficult to get in to a shower cubicle and has to be careful because she has to hop in to the shower. She notes that a number of times she has done this and slipped over, on one occasion she was knocked unconscious and had to go to hospital. She says that she can get in and out of the bath because she uses a bath board and she is able to wash her whole body.

As Riva has one foot it means that she cannot get in or out of the shower in a safe manner and although she can wash her whole body and access the bath using an aid, she needs help to be safe when using the shower.

The case manager determines that Riva satisfies daily living component activity 4 descriptor E because she requires assistance from another person to make sure that she is able to access the shower in a safe and acceptable manner.

Daily living component activity 4 descriptor F (4 points) – needs assistance to be able to wash their body between the shoulders and waist

36. Daily living component activity 4 descriptor F does not usually consider an individual's ability to wash their upper spinal region.

37. If an individual has use of one functional upper limb only, they are likely to be considered unable to wash under their functioning arm and may satisfy daily living component activity 4 descriptor F.

Example: an individual who has underdeveloped growth who satisfies daily living component activity 4 descriptor F

Nora has underdeveloped growth following thalidomide toxicity resulting in her arms not developing through childhood. She uses many adaptations to help her do things in her daily life.

In her ADP application form she explains that she is unable to wash herself. She is able to access the shower with the controls for the shower lowered so she can turn this on with her feet. She is able to access the bath when her partner lifts her in to the bath. She explains that when it comes to washing, because she is unable to hold aids she needs her partner to wash her body but she is able to wash her own face.

As Nora does not have use of her arms, she is unable to use aids to wash herself and she is unable to wash any part of her body. She is able to access the bath and shower with assistance but needs someone else's help to wash.

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The case manager determines that Nora satisfies daily living component activity 4 descriptor F because she needs the assistance of another person to wash her body between the shoulders and waist.

Daily living component activity 4 descriptor G (8 points) – cannot wash and bathe at all and needs another person to wash their entire body

38. Daily living component activity 4 descriptor G is most likely to apply to an individual who is unable to be involved in washing any part of their body.

Example: an individual with a significant learning disability who satisfies daily living component activity 4 descriptor G

Lorraine has a significant learning disability. She lives in 24 hour supported accommodation. Her ADP application form was completed by her support worker and there is a letter from her GP which confirms that she has a significant learning disability. The letter states that she is unable to follow instructions and needs support with all daily living activities.

Her application explains that Lorraine is helped in to the bath with a bath seat and her cognitive difficulties mean that she does not know what to do when she is in there. She is unable to follow any instructions given to her. Her support worker says that if she is given a cloth to wash with, Lorraine is unable to follow any instructions to wash herself.

As Lorraine is unable to follow any instructions to wash herself, she needs the help of someone else to wash her whole body to an acceptable standard.

The case manager determines that Lorraine satisfies daily living component activity 4 descriptor G because she is unable to wash any part of her body.

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