

ADP daily living component activity 6 – dressing and undressing

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Introduction

1. This chapter provides information on activity 6 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 6 considers an individual's ability to put on and take off un-adapted clothing, including socks and shoes, that is suitable for the situation. The clothing must also be of an acceptable standard in terms of suitability for the weather and cleanliness.
4. The type of clothing to be considered should be within the range that people would usually be expected to wear, including fastenings such as buttons, zips, laces etc.
5. A client's preference to wear clothing which is particularly challenging to put on, for example a full kilt outfit or ball gown, should not be taken into account if they could manage other types of clothing. The only exception to this is if the client is required to wear a particular type of clothing for cultural or religious reasons, in which case their inability to dress in those specific items would be relevant.
6. 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 6 descriptor B, which is covered later.
7. Case managers will also consider if the individual needs prompting 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.
 - "Assistance" means physical intervention by another person and does not include speech.

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8. The daily living component activity 6 descriptors describe six levels of functional ability to complete the activity.
- A. Can dress and undress unaided
 - B. Needs an aid or appliance to be able to dress or undress
 - C. Needs either: (i) prompting to be able to dress, undress or determine appropriate circumstances for remaining clothed; or (ii) prompting or assistance to be able to select appropriate clothing
 - D. Needs assistance to be able to dress or undress their lower body
 - E. Needs assistance to be able to dress or undress their upper body
 - F. Cannot dress or undress at all.¹
9. *1 ADP regs, Schedule 1 Part 2 - Daily Living Activities, Activity (6)* Dress and undress includes to put on and take off socks and shoes, and the client must be able to do both in order to be deemed able to complete the activity.¹
1 ADP regs, Schedule, Part 1 Interpretation (1)
10. 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 6 descriptor B, which is covered later.
11. 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.
12. A case manager should evaluate an individual by their level of functional ability to select appropriate clothing, dress and undress. The key consideration should be the functions that are involved in doing so and the individual’s condition that may impact their ability to perform those functions.
13. Dressing and undressing can involve physical movement including but not limited to one or more of the following:
- stretching
 - reaching
 - bending
 - gripping
 - Pinching
14. How often a client changes their clothes should be taken into account if their disability or health condition impacts the regularity with which they can do so, An

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individual may wear the same outfit three days in a row out of personal preference, and would not score points under this descriptor.

15. It is reasonable to expect an individual to put on one outfit each day and take their clothes off or change their clothes at the end of the day. If a client is unable to do so because of their disability or health condition then they will score under this activity. However, if a client has a personal preference to change their clothes three times a day, in an inability to do so should not be taken into account.
16. The only situation in which it would be relevant that a client has difficulty changing their clothes multiple times a day would be if their disability or health condition was the reason for them needing to do so. For example: if a client has Obsessive Compulsive Disorder (OCD) which means they become extremely anxious and distressed if they perceive their clothes to be dirty, it is reasonable that they need assistance to change their clothes numerous times a day. Similarly, if a client has incontinence and regularly has to change their clothes throughout the day then it is relevant that they need to use an aid to do so.

Daily living component activity 6 descriptor A (0 points) – can dress and undress unaided

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

Daily living component activity 6 descriptor B (2 points) – needs an aid or appliance to be able to dress or undress

18. Daily living component activity 6 descriptor B is most likely to apply to an individual who has needs relating to a physical condition(s).
19. Aids or appliances that may be used to assist an individual to dress or undress can include but are not limited to the following items:
 - long handled grabber
 - dressing stick
 - long handled shoe horn
 - button hook
 - sock aid
 - ring pull for zips
 - Velcro fastening
 - adapted clothing
 - loose clothing required due to a restriction through necessity not preference
20. If an individual is able to dress and undress either sitting down, standing up, or through a combination of both standing and sitting, this should be considered an acceptable way of dressing and undressing. The individual will satisfy daily living activity 6 descriptor A.

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21. If an aid or appliance is required in addition to the above then the individual may satisfy descriptor B.
22. There may be cases where an individual is neither able to sit or stand to dress and undress, but is able to lie on a bed and does not require an additional aid or appliance. In these circumstances the bed may be considered an aid.

Example: an individual with carpal tunnel syndrome who satisfies daily living component activity 6 descriptor B

Dylan has carpal tunnel syndrome that affects both their wrists. They have completed an application for ADP using their computer and have sent a letter from their GP which describes their treatment. It shows that they wear wrist splints at night and they are able to take these on and off themselves because the splints have zips. The letter explains that Dylan experiences pain in both wrists on any kind of movement.

In their application, it shows that although the splints have zips, Dylan asked their mum to put a woollen bobble on the end of the zip to make it easier to pull the zip down. The application explains that their other clothes do not have zips or buttons and they deliberately buy clothes without zips or buttons because they find the small movements involved difficult as this causes pain in their wrists.

The case manager determines that Dylan satisfies daily living component activity 6 descriptor B because they require aids to help them to dress to an acceptable standard.

Daily living component activity 6 descriptor C (2 points) – needs either:

- (i) prompting to be able to dress, undress or determine appropriate circumstances for remaining clothed; or
- (ii) prompting or assistance to be able to select appropriate clothing

23. Daily living component activity 6 descriptor C is most likely apply to an individual with mental health and / or cognitive conditions.
24. Prompting means reminding, encouraging or explaining by another person. For this descriptor prompting can mean encouraging an individual to dress at appropriate times for example when leaving the home or receiving visitors. This may include a consideration of whether an individual is able to determine what is appropriate for the environment, such as time of day and the weather , and cleanliness.
- 25.
26. Assistance” means physical intervention by another person and does not include speech.
27. Daily living component activity 6 descriptor C may be considered appropriate where one or more of the following applies:

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- an individual needs prompting or assistance to choose appropriate clothing for the weather or a social event
- an individual needs prompting to remain clothed
- an individual needs assistance or assistance to be able to pick out clean clothing

28. Frequency of changing clothing may be considered where the restriction is caused by a health condition and not based on an individual's personal preference. For example it is not necessary for an individual to change their clothes every day.

Example: an individual with anxiety and depression who satisfies daily living component activity 6 descriptor C (i)

Dougal has anxiety and depression and is under the care of a mental health practitioner whom he sees every 2 weeks. He has a letter from the mental health practitioner that outlines his lack of motivation.

In his application for ADP, completed by his mother, he is noted to need encouragement to change his clothes. It explains that he will wear the same clothes every day and go to bed in the same clothes. His mother describes that he has no motivation to change his clothes and that she has to insist every three or four days when she goes to his house to clean for him. Only after her insistence does he change his clothes.

As Dougal lacks the motivation to change his clothes, he requires the prompting of another person to perform this activity to an acceptable standard. The case manager determines that Dougal satisfies daily living component activity 6 descriptor C because of the need for encouragement by another person to dress and undress reliably.

Example: an individual with Asperger's syndrome who satisfies daily living component activity 6 descriptor C (ii)

Daniel has Asperger's syndrome and a letter from his support worker which accompanies his ADP application form shows that he finds changes to his routine difficult. His application was completed by his father.

The application explains that there are always challenges in the morning because Daniel will try to pick out clothes to wear but doesn't understand the differences in weather and is unable to choose appropriate clothing. He gives an example that one day Daniel wore shorts and a t-shirt because it was warm outside, but the next day it was raining. As Daniel had enjoyed wearing the shorts and t-shirt he picked those out again, so his father had to explain why he couldn't wear those clothes in the rain.

Daniel has difficulties with changes to his routine and lacks the insight to make choices about the clothes that he needs to wear, preferring instead to stick with routine and the type of clothes he'd previously been wearing.

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The case manager determines that Daniel satisfies daily living component activity 6 descriptor C because he needs the prompting of someone else to select appropriate clothing and to perform this activity to an acceptable standard.

Daily living component activity 6 descriptor D (2 points) – needs assistance to be able to dress or undress their lower body

29. Daily living component activity 6 descriptor D is most likely to apply to an individual who has needs relating to physical and / or cognitive conditions.

30. Daily living component activity 6 descriptor D may apply to individuals who are unable to dress or undress their lower body, even with the use of aids or appliances and who require the physical assistance of another person to complete the activity.

A case manager should consider aids that the individual could reasonably be expected to use, regardless of whether they do use them, before this descriptor is chosen.

31. An individual with a lower back problem may have issues dressing their lower body. If there were no restrictions present in grip and upper limb movement it could be reasonable that they use a grip arm and shoe aids to dress their lower body. Mobility component activity 6 descriptor B may be considered appropriate.

Example: an individual with lumbar spondylosis who satisfies daily living component activity 6 descriptor D

Shaun has lumbar spondylosis, a narrowing and degeneration of the bones in the lower part of his spine. He has a letter from his spinal doctor that states that he had a recent scan and his condition is stable, but that the nerves in his back are being compressed and this causes significant pain when he bends forwards.

In his application form for ADP Shaun states that he was previously able to bend forward slightly to use a shoe horn to put his shoes on, but now he is unable to bend at all and relies on his partner to pull his underwear and trousers over his feet and legs before he can pull them up. He states that he cannot get socks on, even with a sock-puller because he is unable able to bend down far enough or bring his leg up high enough to use it.

As Shaun has a condition that affects his ability to move, he is unable to reliably reach to dress his lower body and relies on someone else to do this for him. The case manager determines that Shaun satisfies daily living component activity 6 descriptor D because he needs the assistance of another person to dress his lower body.

Daily living component activity 6 descriptor E (4 points) – needs assistance to be able to dress or undress their upper body

32. Daily living component activity 6 descriptor is most likely to apply to an individual who has needs relating to physical and / or cognitive conditions.

33. Daily living component activity 6 descriptor E may apply to individuals who are unable to dress or undress their upper body, even with the use of aids or appliances and who require the physical assistance of another person to complete the activity.

A case manager should consider aids that the individual could reasonably be expected to use, regardless of whether they do use them, before this descriptor is chosen.

Example: an individual with global developmental delay who satisfies daily living component activity 6 descriptor E

Tamara is 19 and has global developmental delay. Her ADP application form has been completed by her father. He has also sent a letter from their GP which shows that Tamara has difficulties with all aspects of her daily life and the GP explains that she has an IQ similar to that of a 4 or 5 year old.

In her application, her father explains that she is unable to choose her own clothes and cannot put any of her clothes on by herself because she doesn't have any co-ordination in her hands to fasten things, nor does she understand the sequence of how to put clothes on. He explains that to get her dressed he says "Stand like a star" and she will follow this instruction to put her arms out, or "Stand like a tree" to put her arms above her head.

As Tamara has a condition that affects her cognitive abilities, although she can follow instructions, these are very simple. Prompting to follow instructions would not be enough assistance to help her to get dressed.

The case manager determines that Tamara satisfies daily living component activity 6 descriptor E because she requires assistance from someone else to dress her upper and lower body, but she is able to participate in the activity.

Daily living component activity 6 descriptor F (8 points) – cannot dress or undress at all

34. Daily living component activity 6 descriptor F is most likely to apply to an individual who has needs relating to physical and / or cognitive conditions.

Example: an individual with physical immobility who satisfies daily living component activity 6 descriptor F

Charles had a motorcycle accident 5 years ago. Since then he has been bed-bound because of immobility and pain in his limbs following multiple surgeries. He has a letter from his orthopaedic doctor which states he has very little movement in his limbs and that he has deterioration in the condition of the muscles in his limbs.

In the ADP application form completed by his brother, it shows that Charles has visits from the community care team three times a day. In the morning they visit to

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wash and dress him. When they are dressing him he can't move any of his limbs to try and help them and his brother states that Charles feels upset about this.

As Charles does not have the physical ability to move his limbs he needs someone to complete this activity for him. The case manager determines that Charles satisfies daily living component activity 6 descriptor F because he is unable to participate in this activity.

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