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| TITLE: | HEALTH SUPPORT AND ACTIVITIES OF DAILY LIVING SERVICES | POLICY 9.01 |
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Authority: [WAC 388.78A.2190, Activities of daily living](#)
[WAC 388.78A.2200, Health support services](#)

PURPOSE:

This policy outlines additional Health support and Activities of daily living (ADLs) Trouves Health Care provides to residents.

SCOPE:

All Trouves employees and residents that have these services outlined in their treatment plan.

POLICY:

- A. Trouves Health Care provides additional health support and ADL services to those residents that have identified needs in their service plan. These services are consistent with the reasonable accommodation requirements in state and federal laws.

- B. The Health Support services include:
 - 1. Blood glucose testing;
 - 2. Puree diets;
 - 3. Calorie controlled diabetic diets;
 - 4. Dementia care;
 - 5. Mental health care; and
 - 6. Developmentally disability care.

- C. The ADL services include:
 - 1. Bathing: Assistance with bathing means the assisted living facility must provide the resident with occasional:
 - i. Reminding or cuing to wash and dry all areas of the body as needed;
 - ii. Stand-by assistance getting into and out of the tub or shower; and



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- iii. Physical assistance limited to steadying the resident during the activity.
- 2. Dressing: Assistance with dressing means the assisted living facility must provide the resident with occasional:
 - i. Reminding or cuing to put on, take off, or lay out clothing, including prostheses when the assistance of a licensed nurse is not required;
 - ii. Stand-by assistance during the activity; and
 - iii. Physical assistance limited to steadying the resident during the activity.
- 3. Eating: Assistance with eating means the assisted living facility must provide the resident with occasional:
 - i. Reminding or cuing to eat and drink; and
 - ii. Physical assistance limited to cutting food up, preparing food and beverages, and bringing food and fluids to the resident.
- 4. Personal hygiene: Assistance with personal hygiene means the assisted living facility must provide the resident with occasional:
 - i. Reminding and cuing to comb hair, perform oral care and brush teeth, shave, apply makeup, and wash and dry face, hands and other areas of the body;
 - ii. Stand-by assistance during the activity; and
 - iii. Physical assistance limited to steadying the resident during the activity.
- 5. Transferring: Assistance in transferring means the assisted living facility must provide the resident with occasional:
 - i. Reminders or cuing to move between surfaces, for example to and from the bed, chair and standing;
 - ii. Stand-by assistance during the activity; and
 - iii. Physical assistance limited to steadying the resident during self-transfers.
- 6. Toileting: Assistance in toileting means the assisted living facility must provide the resident with occasional:
 - i. Reminders and cuing to toilet, including resident self-care of ostomy or catheter, to wipe and cleanse, and to change and adjust clothing, protective garments and pads;



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- ii. Stand-by assistance during the activity; and
 - iii. Physical assistance limited to steadying the resident during the activity.
7. Mobility: Assistance in mobility means the assisted living facility must provide the resident with occasional:
- i. Reminding or cuing to move between locations on the assisted living facility premises;
 - ii. Stand-by assistance during the activity; and
 - iii. Physical assistance limited to steadying the resident during the activity.

D. Trouves may choose to provide more than minimal assistance with activities of daily living consistent with state and federal law.

EXCEPTIONS:

No exceptions to this policy may be granted without the prior written approval of Trouves Health Care Director.

SUPERCEDES:

None