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Author

KATE HENDERSON

Date

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• Ideal Service Inputs by Cognitive Impairment and Level of Dependency



QBFA (Hen)

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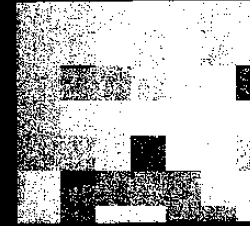
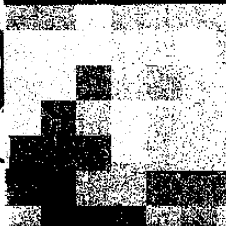
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This is one of a series of appendices to *Securing Good Care for Older People*. Download full report from www.kingsfund.org.uk/publications

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TABLE: IDEAL SERVICE INPUTS BY COGNITIVE IMPAIRMENT AND LEVEL OF DEPENDENCY

Level of dependency	No cognitive impairment	
	Level of assistance required	Social care time inputs
Scenario 1		
Highest dependency: chair-bound and dependent in transfers	Access to 24-hour assistance.	<p>Morning 1 hour 15 mins: Wash and dress person, encouraging them to assist with upper body/face if possible, then prepare breakfast and hot drink. Help person take medication if necessary. Reposition them. Change bed linen if soiled. If shower available, shower person, encouraging them to assist with upper body if possible. If person incontinent, shower them daily.</p> <p>Lunch 1 hour: Reposition person. Make lunch and, if necessary, assist with feeding or give person time to feed themselves with adapted cutlery. Make hot drink. Take person to toilet. Reposition them.</p> <p>Dinner 1 hour: Reposition person. Feed person meal, giving them time to feed themselves with adapted cutlery. Make hot drink. Take person to toilet. Reposition them.</p> <p>Evening 30 mins: Transfer person back into bed.</p> <p>Night 15 mins: Take person to toilet/change pads and reposition. 5 mins: Reposition person again later in night.</p> <p>Bathing 4 x week, 45 mins.</p> <p>IADL 1 x week: Informal carer does main shopping. 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Cleaning. 1 x week, 1 hour: Top-up shop plus pension collection or assist person to order from mainstream private-sector shopping delivery service and unpack shopping when delivered. 1 x week, 20 mins: Assist with finances.</p>
Scenario 2		
High dependency: 5 PADLS, can walk <2m	Access to 24-hour assistance.	<p>Morning 1 hour: Wash and dress lower body and encourage person to wash and dress upper body. Make hot drink and, if possible, set up breakfast preparation so that the person can make part of the meal.</p> <p>Lunch 1 hour: Make hot drink and, if possible, set up lunch preparation so that person can make part of meal. As an alternative, lunch out as part of the day's activities.</p> <p>Dinner 1 hour: Make hot drink and, if possible, set up dinner preparation so that person can make part of meal.</p> <p>Evening 15 mins: Assist person to undress.</p> <p>Bathing 4 x week, 45 mins.</p> <p>IADL 1 x week: Informal carer does main shopping. 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Cleaning. 1 x week, 1 hour: Top-up shop plus pension collection or assist person to order from mainstream private-sector shopping delivery service and unpack shopping when delivered.</p>
Scenario 3		
High dependency: 2-4 PADLS, can walk <10m	Access to community alarm system.	<p>Morning 1 hour: Encourage person to wash upper body at sink and dress upper body. Help person make breakfast and a drink.</p> <p>Lunch 1 hour: Make hot drink and, if possible, set up lunch preparation so that person can make part of meal. As an alternative, lunch out as part of the day's activities.</p> <p>Dinner 1 hour: Make hot drink and, if possible, set up dinner preparation so that person can make part of meal.</p> <p>Bathing 4 x week, 45 mins.</p> <p>IADL 1 x week: Informal carer does main shopping. 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Cleaning. 1 x week, 1 hour 15 mins: Top-up shop and pension collection combined with any additional laundry or shopping required, or accompany person (using wheelchair, scooter or car) to the shops and post office or bank. Alternatively, 1 x week, 1 hour: Assist person to order from mainstream private-sector shopping service and unpack shopping when delivered.</p>
Scenario 4		
Moderate dependency: 1 PADL in addition to bathing, mobile indoors, limited outdoors	Access to community alarm system.	<p>Morning 30 mins: Help person wash.</p> <p>Bathing 4 x week, 45 mins.</p> <p>IADL 1 x week: Informal carer does main shopping. 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Cleaning. 1 x week, 1 hour 15 mins: Top-up shop and pension collection combined with any additional laundry or shopping required, or accompany person (using wheelchair, scooter or car) to the shops and post office or bank. Alternatively, 1 x week, 1 hour: Assist person to order from mainstream private-sector shopping delivery service and unpack when delivered, or provide person with access to shopping-assistance service (for example, group transport to supermarket).</p>
Scenario 5		
Low dependency: 1 PADL or bathing	Access to community alarm system.	<p>Bathing 4 x week, 45 mins.</p> <p>IADL 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Cleaning. 1 x week, 1 hour 15 mins: Accompany person (walking or by car) to the shops and post office or bank. Alternatively, 1 x week, 1 hour: Assist person to order from mainstream private-sector shopping delivery service and unpack when delivered, or provide person with access to shopping-assistance service (for example, group transport to supermarket).</p>
Scenario 6		
No dependency: no PADLS	Access to community alarm system.	<p>IADL 1 x every 2 weeks, 2 hours: Help with gardening. 1 x every 2 weeks, 2 hours: Assistance with heavy housework. 1 x week: Provide person with access to shopping-assistance service (for example, group transport to supermarket) or accessible public or private transport to get to shops.</p>

continued overleaf

TABLE continued

Level of dependency	Mild cognitive impairment	
	Level of assistance required	Social care time inputs
Scenario 7		
Highest dependency: chair-bound and dependent in transfers	Access to 24-hour assistance.	<p>Morning 1 hour 15 mins: Wash and dress person, encouraging them to assist with upper body/face if possible, then prepare breakfast and hot drink. Help person take medication if necessary. Reposition them. Change bed linen if soiled. If shower available, shower person, encouraging them to assist with upper body if possible. If person incontinent, shower them daily.</p> <p>Lunch 1 hour: Reposition person. Make lunch and if necessary assist with feeding or give person time to feed themselves with adapted cutlery. Make hot drink. Take person to toilet. Reposition them.</p> <p>Dinner 1 hour: Reposition person. Feed person meal, giving them time to feed themselves with adapted cutlery. Make hot drink. Take person to toilet. Reposition them.</p> <p>Evening 30 mins: Transfer person back into bed.</p> <p>Night 15 mins: Take person to toilet/change pads and reposition. 5 mins: Reposition person again later in night.</p> <p>Bathing 4 x week, 45 mins.</p> <p>IADL 1 x week: Informal carer does main shopping. 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Cleaning. 1 x week, 1 hour: Top-up shop plus pension collection or assist person to order from mainstream private-sector shopping delivery service and unpack shopping when delivered. 1 x week, 20 mins: Assist with finances.</p>
Scenario 8		
High dependency: 5 PADLs, can walk <2m	Access to 24-hour assistance.	<p>Morning 1 hour: Wash and dress lower body and encourage person to wash and dress upper body. Make hot drink and, if possible, set up breakfast preparation so that the person can make part of the meal.</p> <p>Lunch 1 hour: Make hot drink and, if possible, set up lunch preparation so that person can make part of meal. As an alternative, lunch out as part of the day's activities.</p> <p>Dinner 1 hour: Make hot drink and, if possible, set up dinner preparation so that person can make part of meal.</p> <p>Evening 15 mins: Assist person to undress.</p> <p>Bathing 4 x week, 45 mins.</p> <p>IADL 1 x week: Informal carer does main shopping. 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Cleaning. 1 x week, 1 hour: Top-up shop plus pension collection or assist person to order from mainstream private-sector shopping delivery service and unpack shopping when delivered. 1 x week, 20 mins: Assist with finances.</p>
Scenario 9		
High dependency: 2-4 PADLs, can walk <10m	Access to community alarm system. Might benefit from sheltered accommodation.	<p>Morning 1 hour: Encourage person to wash upper body at sink and dress upper body. Help person make breakfast and a drink.</p> <p>Lunch 1 hour: Make hot drink and, if possible, set up lunch preparation so that person can make part of meal. As an alternative, lunch out as part of the day's activities.</p> <p>Dinner 1 hour: Make hot drink and, if possible, set up dinner preparation so that person can make part of meal.</p> <p>Bathing 4 x week, 45 mins.</p> <p>IADL 1 x week: Informal carer does main shopping. 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Cleaning. 1 x week, 1 hour 15 mins: Top-up shop and pension collection combined with any additional laundry or shopping required, or accompany person (using wheelchair, scooter or car) to the shops and post office or bank. Alternatively, 1 x week, 1 hour: Assist person to order from mainstream private-sector shopping service and unpack shopping when delivered. 1 x week, 20 mins: Assist with finances.</p>
Scenario 10		
Moderate dependency: 1 PADL in addition to bathing	Access to community alarm system. Might benefit from sheltered accommodation.	<p>Morning 30 mins: Help person wash.</p> <p>Bathing 4 x week, 45 mins.</p> <p>IADL 1 x week, Informal carer does main shopping. 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Cleaning. 1 x week, 1 hour 15 mins: Top-up shop and pension collection combined with any additional laundry or shopping required, or accompany person (using wheelchair, scooter or car) to the shops and post office or bank. Alternatively, 1 x week, 1 hour: Assist person to order from mainstream private-sector shopping delivery service and unpack when delivered, or provide person with access to shopping-assistance service (for example, group transport to supermarket). 1 x week, 20 mins: Assist with finances.</p>
Scenario 11		
Low dependency: 1 PADL or bathing	Access to community alarm system. Might benefit from sheltered accommodation.	<p>Bathing 4 x week, 45 mins.</p> <p>IADL 1 x week: Informal carer does main shopping. 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Cleaning. 1 x week, 1 hour 15 mins: Accompany person (walking or by car) to the shops and post office or bank. Alternatively, 1 x week, 1 hour: Assist person to order from mainstream private-sector shopping delivery service and unpack when delivered, or provide person with access to shopping-assistance service (for example, group transport to supermarket). 1 x week, 20 mins: Assist with finances.</p>
Scenario 12		
No dependency: no PADLs	Access to community alarm system. Might benefit from sheltered accommodation.	<p>IADL 1 x every 2 weeks, 2 hours: Help with gardening. 1 x every 2 weeks, 2 hours: Assistance with heavy housework. 1 x week: Provide person with access to shopping-assistance service (for example, group transport to supermarket) or accessible public or private transport to get to shops. 1 x week, 20 mins: Assist with finances.</p>

continued overleaf

TABLE continued

Level of dependency	Severe cognitive impairment	
	Level of assistance required	Social care time inputs
Scenario 13		
Highest dependency: chair-bound and dependent in transfers	24-hour care at home.	<p>Morning 1 hour 30 mins: Wash and dress person, encouraging them to assist with upper body/face if possible, then prepare breakfast and hot drink. Help person take medication if necessary. Reposition them. Change bed linen if soiled. If shower available, shower person, encouraging them to assist with upper body if possible. If person incontinent, shower them daily.</p> <p>Lunch 1 hour 15 mins: Reposition person. Make lunch and, if necessary, assist with feeding or give person time to feed themselves with adapted cutlery. Encourage person to eat. Make hot drink. Take person to toilet. Reposition them.</p> <p>Dinner 1 hour: Reposition person. Feed person meal, giving them time to feed themselves with adapted cutlery and prompting them to eat. Make hot drink. Take person to toilet. Reposition them.</p> <p>Evening 30 mins: Transfer person back into bed.</p> <p>Night 15 mins: Take person to toilet/change pads and reposition. 5 mins: Reposition person again later in night.</p> <p>Bathing 4 x week, 45 mins.</p> <p>IADL 1 x week: Informal carer does main shopping. 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Cleaning. 1 x week, 1 hour: Top-up shop plus pension collection. 1 x week, 20 mins: Manage finances.</p>
Scenario 14		
High dependency: 5 PADLs, can walk 12m	24-hour care at home.	<p>Morning 1 hour 30 mins: Wash and dress lower body and encourage person to wash upper body at sink and dress upper body. Make hot drink and, if possible, set up breakfast preparation so that person can participate. Encourage person to eat. Prompt/assist person to use toilet.</p> <p>Lunch 1 hour: Make hot drink and, if possible, set up lunch preparation so that person can participate. Encourage person to eat. Prompt person to use toilet. As an alternative, lunch out as part of the day's activities.</p> <p>Dinner 1 hour: Make hot drink and, if possible, set up dinner preparation so that person can participate. Encourage person to eat. Prompt person to use toilet.</p> <p>Evening 30 mins: Prompt person to use toilet. Encourage person to go to bed, assisting them to undress and brush their teeth.</p> <p>Bathing 4 x week, 45 mins.</p> <p>IADL 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Cleaning. 1 x week, 1 hour: Main shopping. 1 x week, 1 hour: Top-up shop plus pension collection. 1 x week, 20 mins: Manage finances.</p>
Scenario 15		
High dependency: 2-4 PADLs, can walk 10m	24-hour care at home.	<p>Morning 1 hour 15 mins: Encourage person to wash upper body at sink and dress upper body. Make hot drink and, if possible, set up breakfast preparation so that person can participate. Encourage person to eat. Prompt person to use toilet.</p> <p>Lunch 1 hour: Make hot drink and, if possible, set up lunch preparation so that person can participate. Encourage person to eat. Prompt person to use toilet. As an alternative, lunch out at a day centre.</p> <p>Dinner 1 hour: Make hot drink and, if possible, set up dinner preparation so that person can participate. Encourage person to eat. Prompt person to use toilet.</p> <p>Evening 30 mins: Prompt person to use toilet. Encourage person to brush teeth and go to bed. If necessary assist them to undress.</p> <p>Bathing 4 x week, 45 mins.</p> <p>IADL 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Cleaning. 1 x week, 1 hour: Main shopping. 1 x week, 1 hour: Top-up shop plus pension collection. 1 x week, 20 mins: Manage finances.</p>
Scenario 16		
Moderate dependency: 1 PADL in addition to bathing, mobile indoors, limited outdoors	Access to community alarm system.	<p>Morning 1 hour: Encourage person to wash, assisting with washing lower limbs. Encourage person to dress. Make hot drink and, if possible, set up breakfast preparation so that person can participate. Encourage person to eat.</p> <p>Lunch 30 mins: Make hot drink and, if possible, set up lunch preparation so that person can participate. Encourage person to eat. As an alternative, lunch out at a day centre.</p> <p>Dinner 1 hour: Make hot drink and, if possible, set up dinner preparation so that person can participate. Encourage person to eat.</p> <p>Evening 30 mins: Encourage person to brush teeth and go to bed. If necessary assist them to undress.</p> <p>Bathing 4 x week, 45 mins.</p> <p>IADL 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Cleaning. 1 x week, 1 hour: Main shopping. 1 x week, 1 hour: Top-up shop plus pension collection. 1 x week, 20 mins: Manage finances.</p>
Scenario 17		
Low dependency: 1 PADL or bathing	Access to community alarm system. Might benefit from sheltered accommodation.	<p>Morning 1 hour: Encourage person to wash and dress. Make hot drink and, if possible, set up breakfast preparation so that person can participate. Encourage person to eat.</p> <p>Lunch 30 mins: Make hot drink and, if possible, set up lunch preparation so that person can participate. Encourage person to eat. As an alternative, lunch out at a day centre.</p> <p>Dinner 1 hour: Make hot drink and, if possible, set up dinner preparation so that person can participate. Encourage person to eat.</p> <p>Evening 30 mins: Encourage person to undress, brush teeth and go to bed.</p> <p>Bathing 4 x week, 45 mins.</p> <p>IADL 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Main shopping. 1 x week, 1 hour 15 mins: Top-up shop and pension collection combined with any additional laundry or shopping required, or accompany person (walking or by car) to the shops and post office or bank. 1 x week, 20 mins: Manage finances.</p>
Scenario 18		
No dependency: no PADLs	Access to community alarm system. Might benefit from sheltered accommodation.	<p>Morning 1 hour: Encourage person to wash and dress. Make hot drink and, if possible, set up breakfast preparation so that person can participate. Encourage person to eat.</p> <p>Lunch 30 mins: Make hot drink and, if possible, set up lunch preparation so that person can participate. Encourage person to eat. As an alternative, lunch out at a day centre.</p> <p>Dinner 1 hour: Make hot drink and, if possible, set up dinner preparation so that person can make part of meal. Encourage person to eat.</p> <p>Evening 30 mins: Encourage person to undress, brush teeth and go to bed.</p> <p>IADL 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Main shopping. 1 x week, 1 hour 15 mins: Accompany person (walking or by car) to the shops and post office or bank. 1 x week, 20 mins: Manage finances.</p>

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TABLE continued

Level of dependency	Severe cognitive impairment: risk factors present	
	Level of assistance required	Social care time inputs
Scenario 19		
Highest dependency: chair-bound and dependent in transfers	24-hour care at home. If aggressive behaviours are present, two carers may be needed for personal care tasks.	<p>Morning 1 hour 30 mins: Wash and dress person, encouraging them to assist with upper body/face if possible, then prepare breakfast and hot drink. Help person take medication if necessary. Reposition them. Change bed linen if soiled. If shower available, shower person, encouraging them to assist with upper body if possible. If person incontinent, shower them daily.</p> <p>Lunch 1 hour 15 mins: Reposition person. Make lunch and if necessary assist with feeding or give person time to feed themselves with adapted cutlery. Encourage person to eat. Make hot drink. Take person to toilet. Reposition them.</p> <p>Dinner 1 hour: Reposition person. Feed person meal, giving them time to feed themselves with adapted cutlery and prompting them to eat. Make hot drink. Take person to toilet. Reposition them.</p> <p>Evening 30 mins: Transfer person back into bed.</p> <p>Night 15 mins: Take person to toilet/change pads and reposition. 5 mins: Reposition person again later in night.</p> <p>Bathing 4 x week, 45 mins.</p> <p>IADL 1 x week: Informal carer does main shopping. 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Cleaning. 1 x week, 1 hour: Top-up shop plus pension collection. 1 x week, 20 mins: Manage finances.</p>
Scenario 20		
High dependency: 5 PADLs, can walk <2m	24-hour care at home.	<p>Morning 1 hour 30 mins: Wash and dress lower body and encourage person to wash upper body at sink and dress upper body. Make hot drink and breakfast. Encourage person to eat. Prompt/assist person to use toilet.</p> <p>Lunch 1 hour 10 mins: Make hot drink and lunch and encourage person to eat. Prompt/assist person to use toilet.</p> <p>Dinner 1 hour 10 mins: Make hot drink and dinner and encourage person to eat. Prompt/assist person to use toilet.</p> <p>Evening 40 mins: Prompt person to use toilet. Encourage person to go to bed, assisting them to undress and brush their teeth.</p> <p>Bathing 4 x week, 45 mins.</p> <p>IADL 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Cleaning. 1 x week, 1 hour: Main shopping. 1 x week, 1 hour: Top-up shop plus pension collection. 1 x week, 20 mins: Manage finances.</p>
Scenario 21		
High dependency: 2-4 PADLs, can walk <10m	24-hour care at home.	<p>Morning 1 hour 30 mins: Encourage person to wash upper body at sink and dress upper body. Make breakfast and drink. Encourage person to eat. Prompt person to use toilet.</p> <p>Lunch 1 hour 10 mins: Make hot drink and lunch. Encourage person to eat. Prompt/assist person to use toilet. As an alternative, lunch out at a day centre.</p> <p>Dinner 1 hour 10 mins: Make hot drink and dinner and encourage person to eat. Prompt person to use toilet.</p> <p>Evening 30 mins: Prompt person to use toilet. Encourage person to brush teeth and go to bed. Assist them to undress and get into bed.</p> <p>Bathing 4 x week, 45 mins.</p> <p>IADL 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Cleaning. 1 x week, 1 hour: Main shopping. 1 x week, 1 hour: Top-up shop plus pension collection. 1 x week, 20 mins: Manage finances.</p>
Scenario 22		
Moderate dependency: 1 PADL in addition to bathing, mobile indoors, limited outdoors	24-hour care at home.	<p>Morning 1 hour 15 mins: Encourage person to wash, assisting with washing lower limbs. Encourage person to dress. Make breakfast and hot drink. Encourage person to eat.</p> <p>Lunch 40 mins: Make hot drink and lunch. Encourage person to eat. As an alternative, lunch out at a day centre.</p> <p>Dinner 1 hour 10 mins: Make hot drink and dinner. Encourage person to eat.</p> <p>Evening 30 mins: Encourage person to brush teeth and go to bed. Assist them to undress and get into bed.</p> <p>Bathing 4 x week, 45 mins.</p> <p>IADL 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Cleaning. 1 x week, 1 hour: Main shopping. 1 x week, 1 hour: Top-up shop plus pension collection. 1 x week, 20 mins: Manage finances.</p>
Scenario 23		
Low dependency: 1 PADL or bathing	24-hour care at home.	<p>Morning 1 hour 15 mins: Encourage person to wash, assisting with washing lower limbs. Encourage person to dress. Make breakfast and hot drink. Encourage person to eat.</p> <p>Lunch 40 mins: Make hot drink and lunch. Encourage person to eat. As an alternative, lunch out at a day centre.</p> <p>Dinner 1 hour 10 mins: Make hot drink and dinner. Encourage person to eat.</p> <p>Evening 40 mins: Encourage person to undress, brush teeth and go to bed.</p> <p>Bathing 4 x week, 45 mins.</p> <p>IADL 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Main shopping. 1 x week, 1 hour: Top-up shop plus pension collection. 1 x week, 20 mins: Manage finances.</p>
Scenario 24		
No dependency: no PADLs	24-hour care at home.	<p>Morning 1 hour: Encourage person to wash and dress. Make hot drink and, if possible, set up breakfast preparation so that person can participate. Encourage person to eat.</p> <p>Lunch 40 mins: Make hot drink and, if possible, set up lunch preparation so that person can participate. Encourage person to eat. As an alternative, lunch out at a day centre.</p> <p>Dinner 1 hour 10 mins: Make hot drink and, if possible, set up dinner preparation so that person can make part of meal. Encourage person to eat.</p> <p>Evening 40 mins: Encourage person to undress, brush teeth and go to bed.</p> <p>IADL 1 x week, 1 hour: Laundry. 1 x week, 1 hour: Main shopping. 1 x week, 1 hour 15 mins: Accompany person (walking or by car) to the shops and post office or bank. 1 x week, 20 mins: Manage finances.</p>

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