



# WHAT MATTERS MOST

ADLs

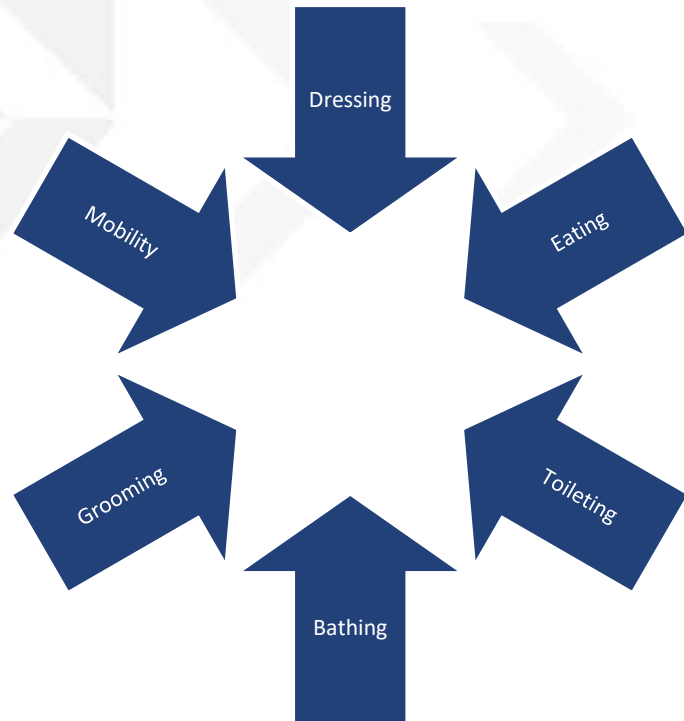


# Why ADLs is what matters most

- Focusing on What Matters Most means looking at the goals of our care, coordinating advance care planning, making sure priorities and preferences that are important to us individually become part of our individual care plans.

# ADLs = Dignity

Are these activities important to.....



Quality of Life





# Nursing Home Week

- How will are you Celebrating?



# Team



**Cassidy**  
DON



**Naomi**  
CNA



**Natalie**  
Activities  
Coordinator

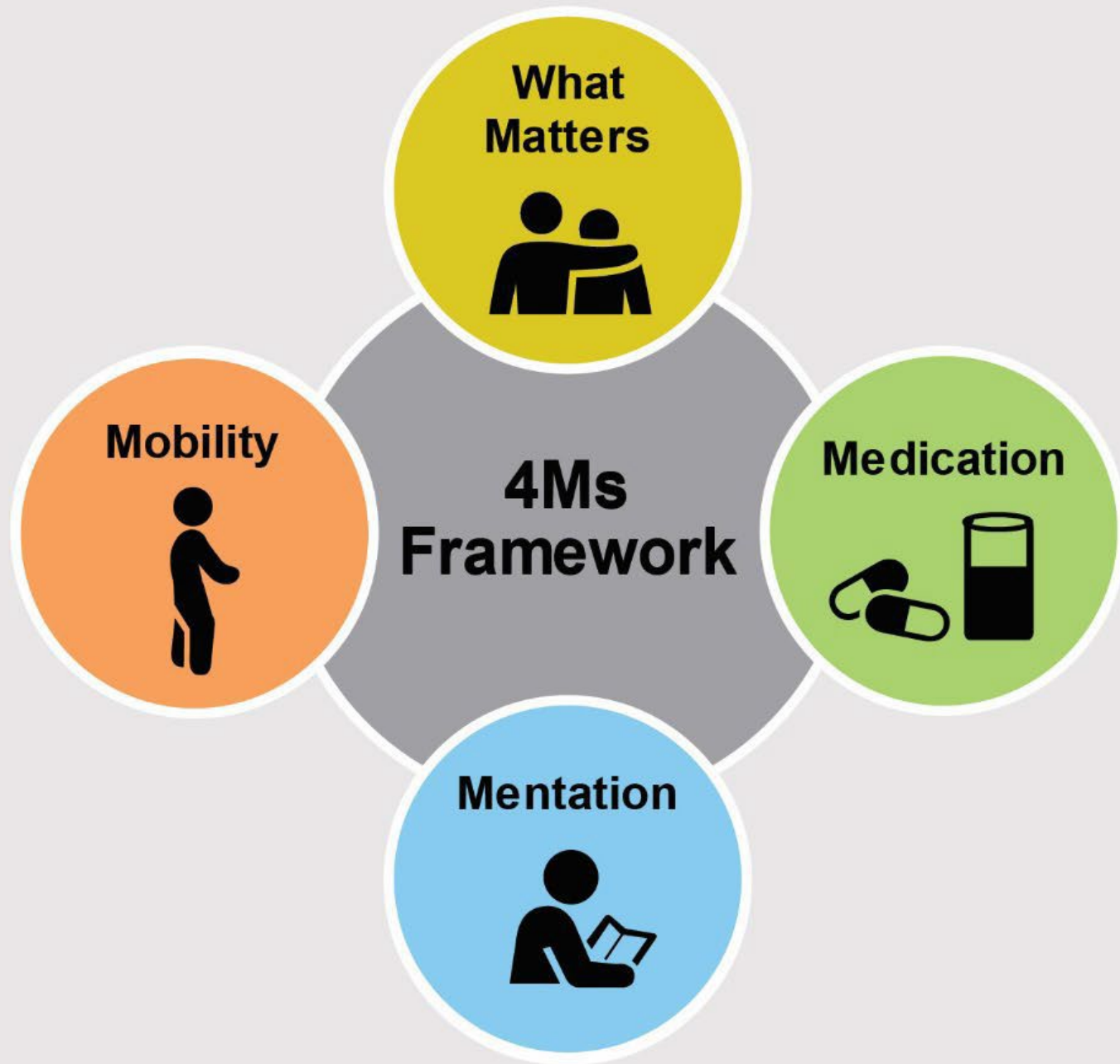


**Hank**  
Dietary



# Interventional Approaches to maintain ADLs

- Healthy Diet
- Activities- staying mobile, exercise
- Dexterity
- Socialization, staying connected
- Safety
- MOBILITY
- Positive state of mind



## What Matters

Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, advance care planning and goals of care, and across settings of care.

## Medication

If medication is necessary, use Age-Friendly medication that does not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.

## Mentation

Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.

## Mobility

Ensure that older adults move safely every day in order to maintain function and do What Matters.

# MDS Resident Level Report

## MDS Report: Resident Level Data (Sample)

Note: S = short stay, L = long stay; X = triggered, b = not triggered or excluded,  
C = complete; data available for all days selected, I = incomplete; data not available for all days selected

Resident Name	Resident ID	A0310A/B/F	SR Mod/Severe Pain (S)	SR Mod/Severe Pain (L)	Hi-risk Pres Ulcer (L)	New/worse Pres Ulcer (S)	Phys restraints (L)	Falls (L)	Falls w/Maj Injury (L)	Antipsych Med (S)	Antipsych Med (L)	Antianxiety/Hypnotic (L)	Behav Sx Affect Others (L)	Depress Sx (L)	UTI (L)	Cath Insert/Left Bladder (L)	Lo-Risk Lose B/B Con (L)	Excess Wt Loss (L)	Incr ADL Help (L)	Quality Measure Count	
Data			C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C		
Active Residents																					
Raphone, Mike	#123456	02/99/99	b	b	b	b	b	b	b	b	b	b	b	b	b	b	b	b	b	0	
		02/99/99	b	b	b	b	b	b	b	b	b	b	X	b	b	b	b	b	b	b	1
		04/99/99	b	b	b	b	b	b	b	b	b	b	b	b	b	b	b	b	b	b	0
		02/99/99	b	b	b	b	b	b	b	b	b	b	b	b	b	b	b	b	b	b	0
		04/99/99	b	b	X	b	b	X	b	b	b	b	b	b	b	b	b	b	b	X	3
		04/99/99	b	b	b	b	b	X	b	b	b	b	b	b	b	b	b	b	b	b	1
		03/99/99	b	b	b	b	b	X	b	b	b	b	b	b	b	b	b	b	b	b	1
		04/99/99	b	b	b	b	b	b	b	b	b	b	b	b	b	b	b	b	b	b	0
		04/99/99	b	b	b	b	b	X	b	b	b	b	X	X	b	b	b	b	b	b	3
		02/04/99	b	X	b	b	b	b	b	b	b	b	b	b	X	b	b	b	b	b	2
		02/99/99	b	b	b	b	b	b	b	b	b	X	b	b	b	b	b	b	b	b	1
		02/99/99	b	b	b	b	b	X	b	b	b	b	b	b	b	b	b	b	b	b	1
		02/99/99	b	b	b	b	b	b	b	b	b	b	b	b	b	b	b	b	b	b	0
04/99/99	b	b	b	b	b	b	b	b	b	b	b	X	b	X	b	b	b	b	2		



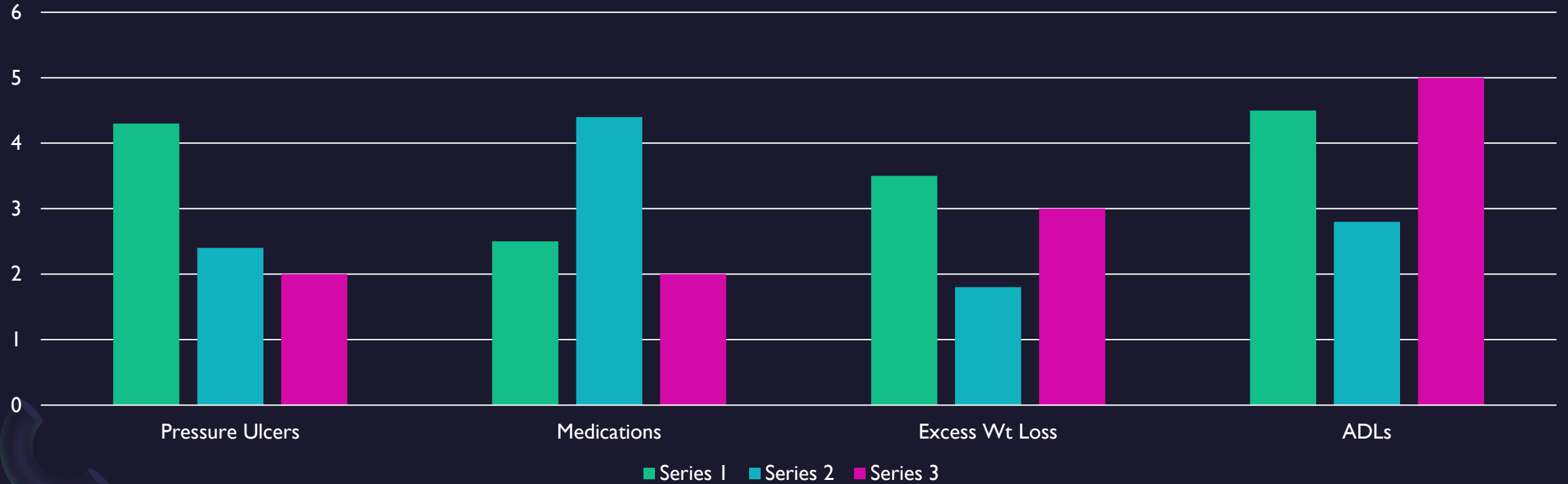
# Promoting Independence in ADLs

The “small things” of care are particularly important in ensuring that care is genuinely supportive of the individual and enhances that person’s autonomy and well-being. The humanity with which assistance for everyday living is offered, especially help with eating and intimate care, is crucial in helping the person retain their self-esteem and dignity, as are the manner and tone in which a person is addressed; the care taken to ensure that they participate as much as they can or wish in any decision about their day-to-day life; the trouble taken about appropriate and attractive food and environments; and access to meaningful activity.



# Analyze

Critical QI Measures



# Good Communication = basis for success

- Patience
- Thoughtfulness
- Trust Building
- Encourage Independence



# Dawn Jelinek

## Age-Friendly Clinics and LTC

OFMQ- GWEP- OkDCN  
Senior Clinical Consultant

[djelinek@ofmq.com](mailto:djelinek@ofmq.com)

405-651-4796

