



PCAFC Activities of Daily Living (ADLs) for Family Caregivers

➔ Preparing for the VFAI

During the Veteran's Functional Assessment, a Caregiver Support Program nurse will ask you and the veteran how you assist with specific Activities of Daily Living (ADLs).

If you have been caregiving for a long time, write down the tasks you perform each day. Many caregiving duties become routine and are easy to overlook during the assessment.

When answering questions, be specific and detailed. Always explain:

- What you do
- Why you must do it
- How often you do it (each time, daily, weekly, etc.)

Example: Instead of saying "I clean the veteran after using the toilet," add an explanation as to why you must do it, for example, due to missing arms or limited mobility.

The the nurse will record what you and the veteran say about the veteran's ability to complete the following tasks:

- 1 Eating**
Using utensils to bring food or drink to the mouth and swallow. (Meal preparation is not included)
- 2 Grooming**
 - Oral hygiene: Cleaning teeth or dentures, inserting/removing dentures, soaking or rinsing them.
 - Upper body washing: Washing, rinsing, and drying the face, hands, chest, and arms while seated or in bed.
- 3 Bathing**
Washing, rinsing, and drying the body. (Does not include getting in or out of the shower/tub.)
- 4 Dressing**
Upper body dressing, lower body dressing and putting on and removing footwear
- 5 Toileting Hygiene**
Cleaning oneself and adjusting clothing before and after urinating or having a bowel movement. If applicable, include wiping around an ostomy.

ADL's continued

6 Prosthetics / Assistive Devices

Adjusting prosthetic or orthopedic devices that replace or support a body part.

7 Mobility

Positioning and Transfers

- Rolling in bed
- Sitting to lying
- Lying to sitting on the side of the bed
- Sitting to standing
- Transferring between bed and chair
- Toilet transfers

Movement

Walking or using a manual or motorized wheelchair or scooter.

How Assistance Is Rated

The nurse will assign a functional level for each ADL based on the help you describe:

1. Independent – No assistance needed.
2. Setup/Cleanup Assistance – Helper prepares or cleans up, but the veteran performs the activity independently.
3. Supervision or Touching Assistance – Verbal guidance or light steadying help.
4. Partial/Moderate Assistance – Helper provides less than half the effort.
5. Substantial/Maximal Assistance – Helper provides more than half the effort.
6. Dependent – Helper performs the entire task or two or more helpers are required.
7. Person Refused – The veteran chooses not to answer or perform the task.
8. Not Attempted – Activity not performed due to medical orders or safety concerns.
9. Not Applicable – The activity is not part of the veteran's normal routine.

After the Assessment

Once the assessment is uploaded to My HealthVet, review it carefully to ensure it accurately reflects the veteran's abilities and the assistance you provide.

Request
assistance



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