



<i>p-ADL</i>	<i>Description of ADL tasks</i>	<i>Example of ADL task</i>	<i>Time Indication*</i>	<i>Functional requirements for solution</i>
<i>Personal hygiene and grooming</i>	<ul style="list-style-type: none"> • Wash face and hands • Take a bath/shower • Wash hair • Grooming • Comb the hair <ul style="list-style-type: none"> • Brush teeth • Shave • Do make-up • Manicure • Pedicure 	Providing a person with paralysed or stiff arms the possibility to have his/her face washed	15-45 minutes	Assisting a person unable to manage one or more of the mentioned tasks
<i>Eating and drinking</i>	<ul style="list-style-type: none"> • Eat, i.e. bringing food to the mouth and eat • Drink, i.e. bringing the drink to the mouth and drink • Supplying oneself with and cutting the food • Preparing (cooking) food is not included 	Serving food on a plate and cutting it in small pieces for someone who can use only one hand	10-30 minutes	Assisting a person unable to manage one or more of the mentioned tasks
<i>Maintaining continence or the ability to use a restroom, incl. dressing and transfer</i>	<ul style="list-style-type: none"> • Controlling bladder and/or bowel • Moving to and from toilet and getting clean after toilet visit • Arranging clothes and washing hands • Getting to the bath room in time 	Assisting someone with transfer to and from the toilet and during that process helping them to take off and put on clothes	10-40 minutes	Assisting a person unable to manage one or more of the mentioned tasks
<i>Taking medications as prescribed</i>	<ul style="list-style-type: none"> • Dosing • Taking • Reminding • Documentation 	At predefined times alerting a citizen to take their medication and assisting that person in the actual physical action of taking the medication.	5-10 minutes	Assisting a person unable to manage one or more of the mentioned tasks



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<i>Functional transfers</i>	<ul style="list-style-type: none"> • Moving in the bed, i.e. changing position, sitting up on in the bed and laying down in bed • Moving between bed and chair or between chairs • Moving between rooms at the same floor • Moving between different floors in the home • Transferring from seated to standing 	Assisting someone to rise from lying in bed to sitting on bedside and then assisting them to transfer to a wheelchair	5-15 minutes	Assisting a person unable to manage one or more of the mentioned tasks
<i>Dressing and undressing, including the ability to make appropriate clothing decisions</i>	<ul style="list-style-type: none"> • Undressing • Dress upper body • Dress lower body • Putting on (support) stockings or leggings • Taking out appropriate clothes from wardrobe/drawer 	Assisting a person who cannot stand on their legs to put on trousers	5-30 minutes	Assisting a person unable to manage one or more of the mentioned tasks

* this is an indication, assistance time varies per person and per visit