

FAM-DOM

Extended Activities of Daily Living Module

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The FAM-DOM EADL Module

- Was originated in the 1990s
 - By the RRU team, Northwick Park Hospital
- It originally consisted of 5 items
 - Shown to be valid and reliable
 - Law et al, Disability and Rehabilitation 2009
- Work/Education
 - Recently added as a 6th item
 - Replaces Employability in the US FAM
 - More extensive evaluation of work-related ability is available through a related scale - the PAWSS

FAM EADL module

- Consists of 6 items
 - Meal preparation
 - Laundry
 - Housework
 - Shopping
 - Financial management
 - Work / education

'Requires' versus 'Receives' help

■ EADL items

– May need to be judged hypothetically

■ Eg as patient leaves hospital

– Not yet in the home situation

– The manual therefore uses the terminology:

■ “[Name] is able to do...” or

■ “[Name] requires help for...”.

– When used in community rehabilitation settings this may be exchanged for:

■ “[Name] does...” or

■ “[Name] receives help for”

Meal preparation

(FAM-DOM EADL item)

Meal preparation includes:

- Planning the meal
- Organising utensils and ingredients
- Preparing food
- Planning the order of tasks
 - So that the different components of the meal are ready at the appropriate time
- Safety in the kitchen
- At level 7
 - They prepare a full 2-course meal
 - Independently and safely, and in a timely manner

Meal preparation - Level 6,5

- Level 6: Modified independence
 - Able to prepare a full 2-course meal
 - But may use adapted utensils
 - Or consideration for time / safety
- Level 5: Supervision or set-up
 - Able to make a snack independently
 - But requires supervision / set-up
 - To prepare a full meal

Meal preparation

Levels 4, 3, 2 and 1

- Level 4 – minimal assistance
 - Able to microwave and help themselves
 - To a pre-prepared meal left in the fridge
- Level 3 – moderate assistance
 - Able to help themselves to a cold meal / snack
 - If left out for them in the kitchen
 - And able to make themselves a hot or cold drink
- Level 2 – maximal assistance
 - Able to help themselves to food left on a table near them
 - And pour a drink from a flask / jug
- Level 1 – total dependence
 - Needs all meals preparing and putting in front of them

Vignette – Meal preparation

- Jed can make his own sandwich and a cup of tea while his wife is out.
 - He can also peel the potatoes in preparation for the evening meal.
 - But he tends to forget things on the stove,
 - And he gets flustered by the microwave,
 - So he waits until his wife gets home and she then takes charge of the evening meal
- Score 3
 - Makes a cold snack and hot drink

Laundry

(FAM-DOM EADL item)

Laundry includes:

- Washing the clothes
- Hanging out or drying them
- Ironing and folding
- Putting them away

- At level 7
 - They carry out all the tasks
 - And/or choose whether or not to use external laundry or dry-cleaning services
 - But able to manage by another route if normal process fails

Laundry- Level 6,5

- Level 6: Modified independence
 - Able to manage all laundry
 - But there may be a consideration for time / safety
 - Or limited only to use of external services
- Level 5: Supervision or set-up
 - Requires equipment to be set up
 - eg ironing board or clothes dryer
 - But can then manage alone
 - OR, able to do home laundry
 - But requires help to take/collect items from dry cleaners

Laundry

Levels 4, 3, 2 and 1

- Level 4 – minimal assistance
 - Able to do most of their laundry
 - But needs help with just one of the tasks
- Level 3 – moderate assistance
 - Needs help with more than one of the tasks
 - Still able to do most of their laundry themselves
- Level 2 – maximal assistance
 - Able to assist with part of the laundry (eg folding clothes)
 - But needs help for most of it
- Level 1 – total dependence
 - Needs all laundry doing for them

Vignette – Laundry

- Mary puts her own clothes in the washing machine and starts it running.
 - Her sister hangs out the clothes for her, irons them and puts them away

- Score 2
 - Contributes to part of the laundry,
 - but does less than half the task

Housework

(FAM EADL item)

Housework includes:

■ Heavy chores:

- Vacuuming
- Cleaning the bath and floors
- Changing the bed linen

■ Light chores:

- Dusting, polishing, cleaning surfaces
- Washing up
- Making the bed

■ At level 7

- They carry out all the tasks in a safe and timely manner
- And/or choose whether or not to use external cleaning services
 - But able to manage by another route, if normal process fails

Housework - Level 6,5

■ Level 6: Modified independence

– Able to manage all housework

- But there may be a consideration for time / safety
- Or limited only to use of external cleaning services

■ Level 5: Supervision or set-up

– Able to do most light and heavy chores

- But just need reminding or quality check

– Or needs occasional help with certain tasks

- Eg cleaning the bath

Housework

Levels 4, 3, 2 and 1

- Level 4 – minimal assistance
 - Able to do all the light chores
 - But needs help with heavy tasks
- Level 3 – moderate assistance
 - Able to do more than half the light housework
 - Needs help with two or more light chores
- Level 2 – maximal assistance
 - Able to contribute a small amount eg some light dusting
 - But needs help for the majority of the housework
- Level 1 – total dependence
 - Unable to do housework
 - Needs all chores done for them

Vignette – Housework

- Mike is in an electric wheelchair.
 - He uses the internet to book a cleaner to come and do all his cleaning for him.
 - If the cleaner does not arrive, he rings the agency to make sure that they send a replacement within a few days.

- Score 6
 - Limited to the use of external cleaning services
 - But manages these independently
 - Consideration for time / safety
 - Cleaning does not get done for a few days if cleaner does not come

Shopping

(FAM EADL item)

Shopping includes:

- Identifying the items needs
- Remembering and locating them in the shop
- Making appropriate choices
- Handling money
- Transporting them home

- At level 7
 - They carry out all the tasks in a safe and timely manner
 - And/or chooses whether or not to use internet shopping services
 - But able to manage shopping by another route, if the normal process fails

Shopping - Level 6,5

- Level 6: Modified independence
 - Able to manage all shopping
 - But there may be a consideration for time / safety
 - Or limited only to use of certain shops
 - eg those with home delivery services / internet shopping
- Level 5: Supervision or set-up
 - Needs help planning / preparing a list
 - But is then able to shop independently
 - Or needs help with very occasional items

Shopping

Levels 4, 3, 2 and 1

- Level 4 – minimal assistance
 - Able to meet immediate needs in local shops
 - But needs help for their ‘big supermarket shop’
 - Or help to get to the shops, wait and transport shopping home
- Level 3 – moderate assistance
 - Needs accompanying and some help while shopping
 - But able to do more than half the task themselves
- Level 2 – maximal assistance
 - Able to go with a carer to the shops, selects some items
 - But carer does more than half of the shopping tasks
- Level 1 – total dependence
 - Needs all shopping done for them

Vignette – Shopping

- John likes to go to the supermarket with his mother.
 - He finds the milk and the bread, and likes to choose from his favourite biscuits,
 - But he tends to drift off to the CD section, where his mother comes to find him when she has finished the rest of the shopping
- Score 2
 - Contributes less than half the task

Financial management

(FAM EADL item)

Financial management includes:

- Managing a bank account
- Paying bills
- Budgeting for personal and domestic needs
- Coping with unexpected financial demands
 - Eg a tax bill or parking fine
- At level 7
 - They manage all their own financial affairs
 - Without any concern for vulnerability
 - If they choose to appoint external financial services
 - able to arrange alternative advice, if the normal process fails

Financial Management - Level 6,5

■ Level 6: Modified independence

– Able to manage all finances

- There may be a consideration for time / vulnerability
- Or a temporary Power of Attorney is in place
 - But under their own control

■ Level 5: Supervision or set-up

– Needs guidance in long term financial planning

- Over the year, or help with unexpected demands
- But otherwise manages independently

Financial management

Levels 4, 3, 2 and 1

- Level 4 – minimal assistance
 - Needs incidental help eg:
 - Planning budget on a monthly basis,
 - Overseeing bills/direct debits etc to make sure they are paid
- Level 3 – moderate assistance
 - Needs help with paying larger bills
 - But able to plan their weekly budget themselves
- Level 2 – maximal assistance
 - Needs help for routine weekly budgeting
 - Able to make some choices,
 - But needs help for most of their financial management
- Level 1 – total dependence
 - Unable to manage finances
 - If they handle money at all, require pocket money on a daily basis

Vignette – Financial management

- Jane is careful with her money.
 - All her bills are paid through direct debit and she scrutinises her bank statements carefully each month.
 - She stays within her weekly budget, and only occasionally has to ask her brother for help in coping with an unexpected bill

- Score 5
 - Set up
 - Occasional help with unexpected demands

Work education

(FAM EADL item)

Work / education

- Replaces 'Employability' in the US FAM
 - **The PAWSS** (The Participation and Workability Support Scale)
 - Is a related tool
 - Provides more detailed assessment
 - Of work-related ability
 - Also a planning tool
 - for vocational rehabilitation and support
- This Work/education item
 - **Provides an overview**
 - of vocational ability

Work/education includes:

- Ability to work within their normal job/educational role
- Including:
 - Travelling to and from work
 - Managing the physical requirements of the job
 - Communication and cognitive tasks
 - Self-presentation, organisation and punctuality
 - Safety awareness of self and others within the work place
 - Appropriate interaction with colleagues /
 - and clients (if relevant)
- At level 7
 - Work effectively in their normal job role
 - Manages all the physical and cognitive aspects of their work
 - Presents punctually and suitably dressed
 - Completes tasks in an organised and timely manner (including multi-tasking)
 - Communicates and interacts appropriately, as the job role demands

Work/ education - Level 6,5

■ Level 6: Modified independence

– Able to manage all of their work role

- May require special equipment
- Or a consideration for effort
 - eg they put in extra time to makeup
- Work productivity is not affected

■ Level 5: Supervision or set-up

– Able to do most of their normal work role

- But requires set up or a structured environment
- Or supervision but with very occasional prompting / correcting
- Work productivity is minimally affected

Work education

Levels 4, 3, 2 and 1

- Level 4 – minimal assistance
 - Able to manage >75% of the time
 - With regular planned support
 - Work productivity mildly affected - unable to do some aspects of their job
- Level 3 – moderate assistance
 - Able to manage more than half of the time
 - Require unplanned intervention (on top of regular planned support)
 - Work productivity moderately affected - unable to do a significant part of their job
- Level 2 – maximal assistance
 - Able to manage less than half of the time
 - Require frequent unplanned intervention
 - Work productivity severely affected - unable to do a substantial part of their job
- Level 1 – total dependence
 - Effectively unable to work
 - Requires constant supervision with intervention several times a day

Vignette – Work/education

- Jeremy is keen to go back to his work as a forklift driver.
 - Unfortunately, his hemianopia and left sided neglect prohibits driving.
 - The factory foreman has offered to explore alternative roles, but Jeremy insists that he only wants to get back to his previous role because of his reputation as the fastest driver in the factory

- Score 1
 - Effectively unable
 - Other factory workers would be at risk if Jeremy goes back to work!