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
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 (e.g., 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
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 make up
    - 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
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!