

## Understanding Qualifying Activities for Severe Cognitive Impairment and Activities of Daily Living

- **Severe Cognitive Impairment** – The California State DHS defines this as, “[A]n individual who needs supervision or assistance to protect themselves or others because of mental deterioration [...]”.
  
- **Activities of Daily Living** – Although this was previously addressed, it is important to note here some examples of what typically qualifies as an “activity of daily living” under each of the six categories of eating, bathing, dressing, continence, transferring, or toileting. Some examples of what we have seen include:
  - **Eating** – This is the act of getting the food from the table/plate to the client’s mouth. It typically does NOT include food preparation.
  - **Bathing** – This is the act of getting ready for, getting into, doing the washing, and getting out of a bath or shower. In other words, if a person can wash themselves in the shower, but getting in or out of the shower unit is a hazard for them to do independently, requiring someone to help them get in/out of the shower would typically qualify as “one ADL” toward qualification.
  - **Dressing** - We have seen clients use dressing as a qualifying ADL where the help required ranged from ALL dressing, all the way down to just putting shoes and/or socks on their feet.
  - **Continence** - This typically qualifies if the person is unable to control their bowel or bladder and requires additional devices/products to help with this. In over 14 years, I have yet to see someone using a

product such as Depends™ and not be able to use it as a qualifying ADL for LTCi benefits.

- **Transferring** - Counting transferring as a qualifying ADL simply requires a person to require help in/out of chairs, bed, wheelchairs, etc. We have seen clients who qualify under this ADL who can walk independently or with an assistive device after someone helps them get up from a bed or chair.
- **Toileting** - Toileting is much like bathing as far as a qualifying ADL. If a person is not able to safely complete the full task of toileting, this lack of ability typically applies as a qualifying ADL.