



Home Health Aide On-the-Go In-Service Lessons: Vol. 10, Issue 5: Safety with ADLs

Beacon Health a division of HCPro, April Perry APN M.Ed

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OVERVIEW

Assisting in activities of daily living (ADL) is a fundamental role of the home health aide. In caring for patients in their home, it is imperative that patients be able to safely perform their ADLs. This in-service describes how aides can demonstrate to patients and their families ways to safely perform ADLs, such as maintaining personal hygiene and using equipment to move about the home.

LESSON OBJECTIVES

After completion of this program, the home health aide will be able to:

- Define how to feed a patient safely
- Describe methods that will assist in performing personal hygiene safely at home
- Discuss ambulating and using mobility devices safely in the home

Contents of this lesson:

- A clearly written fact sheet
- A 10-question post-test to measure understanding of the subject matter
- An answer sheet with a place for the instructor's comments and signature
- An illustrative, homecare-specific case study
- Suggested supplemental learning activities
- An attendance log and certificate of completion

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