

Appendix I

Guidance for Dependency Levels in Extra Care.

Activity	Low	Medium	High
Practical and Domestic Tasks	<ul style="list-style-type: none"> • Advice and support on maintaining the interior of the dwelling in an appropriate condition. • Helping the user to maintain the safety of the dwelling e.g. use of gas and electrical appliances. • Minor repairs to equipment such as changing fuses, tightening screws. • Assistance / advice with personal budgeting & debt counselling. • May require and advice and assistance with menu setting. 	<ul style="list-style-type: none"> • Sharing life skills such as cooking and supervising meal preparation. • Advice on use of cooking and kitchen equipment. • Advice on use of equipment provided for tenants' own use such as washing machines, TV, video. • Assistance with planning shopping and occasional errands. • Support to arrange servicing to individuals tenants' appliances. • Completing benefit forms and assisting in dealing with benefit claims. 	<ul style="list-style-type: none"> • Will require assistance with meal preparation, shopping and washing etc. • Arranging servicing to individual tenants' appliances. • Will require assistance with managing finances.
Eating and Drinking	<ul style="list-style-type: none"> • Independent, but may need some supervision and encouragement at mealtimes and with drinking. 	<ul style="list-style-type: none"> • Essentially independent but may require assistance in cutting up food. 	<ul style="list-style-type: none"> • Needs meals prepared / provided. • Needs prompting; assistance and monitoring by 1 staff member to ensure and maintain a good nutritional and fluid intake. • May require dietetic support e.g. assessment by SALT or prescribed supplementary nutrition. • Maintaining life skills such as supervising meal and drink preparation and kitchen hygiene.
Medication	<ul style="list-style-type: none"> • Assisting with liaison with other agencies 	<ul style="list-style-type: none"> • Assisting with liaison with other agencies 	<ul style="list-style-type: none"> • Assisting with liaison with other agencies

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	<p>and arranging for professionals to call e.g. for health promotion and protection (flu vaccinations)</p> <ul style="list-style-type: none"> Assistance with using assistive technology e.g. pill dispensers. 	<p>and arranging for professional to call e.g. specific health screening.</p> <ul style="list-style-type: none"> Assistance with using assistive technology e.g. pill dispensers. Needs prompting; assistance and monitoring by 1 carer who has the relevant training in supervision and management of medication. 	<p>and arranging for professionals to call e.g. referral to the Long Term Conditions Team.</p> <ul style="list-style-type: none"> Assistance with using assistive technology e.g. pill dispensers. Unable to take medication unaided; needs prompting; assistance, monitoring and oversight by district nurses.
Personal Hygiene / Contenance / Skin Integrity	<ul style="list-style-type: none"> May neglect personal hygiene without prompting; assistance and supervision. 		
	<ul style="list-style-type: none"> May need support to access continence assessment. May need prompting to go to the toilet and need minimum assistance. 	<ul style="list-style-type: none"> Needs supervision and assistance with assessed continence needs and aids by 1 staff member who has the relevant knowledge and skills to assist and monitor in this area. May need minimal assistance to access toilet or commode during the night. 	<ul style="list-style-type: none"> Needs prompting; assistance and supervision on a daily basis to attend to personal hygiene and oral hygiene needs. Needs assistance or supervision to access bathing/ showering facilities. Needs monitoring of skin integrity on an ongoing daily basis by 1 carer who has the relevant knowledge and skills. Input by district nurse may be required to prevent development of wounds. May have some incontinence and require supervision of bowel and bladder function by 1 member of staff who has the relevant knowledge and skills to assist and monitor in this area. May have urinary catheter in situ and require supervision and assistance by 1 staff member who has the relevant knowledge and skills to assist and monitor in this area. May require assistance with toileting day and night
Safety	<ul style="list-style-type: none"> Assistance with the security of the dwelling required due to the nature of the tenant group e.g. reminders to close and lock doors and 		

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	<ul style="list-style-type: none"> windows. • Helping the user to maintain the safety of the dwelling e.g. use of gas and electrical appliances. 	<ul style="list-style-type: none"> • May have difficulties understanding risks but willing to comply with instructions to minimise risk. 	
Communication	<ul style="list-style-type: none"> • Able to communicate needs 	<ul style="list-style-type: none"> • Assistance and support to communicate effectively either verbally or non verbally. • May user specialised equipment or signing to communicate needs and wishes 	<ul style="list-style-type: none"> • Needs the support and assistance of 1 carer who has relevant knowledge and skills to assist and monitor in this area in order to communicate needs and wishes.
Mental Function / Emotional	<ul style="list-style-type: none"> • Chatting, Social intercourse and arranging social events. • Move in advice and resettlement activities. 	<ul style="list-style-type: none"> • May lack motivation and require support to engage in activities. • May be occasional evidence of impairment / confusion / orientation requiring the assistance of a carer. 	<ul style="list-style-type: none"> • Will require prompting and support to engage in daily activities. • May have mild to moderate cognitive impairment. May lose people, places, and times and require prompting.
Behaviour	<ul style="list-style-type: none"> • Dealing with neighbour disputes and behaviour management. • Good neighbour tasks. 	<ul style="list-style-type: none"> • May require support to consider the needs of others sharing the building 	<ul style="list-style-type: none"> • May require trained support staff to support and manage.
Rest and Sleep	<ul style="list-style-type: none"> • Able to summon assistance independently • Stable sleep pattern 		<ul style="list-style-type: none"> • May require assistance through the night.
Special Individual	<ul style="list-style-type: none"> • Arranging adaptations to cope with disability 		

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Needs (Include mobility)	<ul style="list-style-type: none"> • Unpredictable mobility. • May use equipment to be mobile and require some monitoring of safety. 	<ul style="list-style-type: none"> • Unsteady gait, problems with balance. • May need reminding to use appropriate equipment and encouragement to mobilise. May needs assistance with manoeuvring. 	<ul style="list-style-type: none"> • Has limited mobility. • Requires assistance and support to mobilise and move. • May need treatment that requires supervision from 1 staff member who has the relevant knowledge and skills to assist and monitor in this area; or limited input by a nurse.