



# 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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