

In an endeavor to continually assist caregivers in their search for pertinent information regarding eldercare, our Information and Referral Specialists address topics of most frequently asked questions via **Caregiver's Answers, Topics and Helpful Information (CATHI)**. Additionally, caregivers are also invited to e-mail individual questions and an Information and Referral Specialist will reply.

Dear CATHI,

Question: What do the terms IADL's, ADL's and FL2 mean?

Answer:

The terms IADL's, ADL's and FL2 are frequently used by professionals when assessing an older adult and their level of physical functioning. IADL is short for Instrumental Activities of Daily Living. Typically, these skills decline in an older adult before ADL's (Activities of Daily Living). There are eight basic IADL's which are considered when assessing an individual's functioning ability:

- Preparing meals
- Shopping for personal items
- Managing medication
- Managing money
- Using the telephone
- Performing heavy housework
- Performing light cleaning
- Driving

ADL is short for Activities of Daily Living. Loss of ADL skills typically require the older adult to need more assistance resulting in the necessity for a caregiver. There are six basic ADL's which are considered when assessing an individual's functioning ability:

- Eating
- Dressing
- Bathing without assistance
- Using the toilet
- Transferring into/out of bed/chair
- Ambulating (walking or moving about the house without anyone's help)

Another term frequently used to determine if someone needs to consider relocating to an assistive living community or a nursing home is FL2 (Facility Living). The FL2 is a time-sensitive medical form used to ascertain both physical and financial need. It may be obtained from the assistive living community administrator or the nursing home administrator, the individual's physician or the County Department of Social Services. If State/County Special Assistance (financial-Medicaid) is needed, the person seeking assistance applies at the Department of Social Services in the County where he/she lives to determine if they are eligible for assistance. Otherwise, the individual and the assistive living community or nursing home simply enters into a contractual agreement.

The FL2 form is completed, signed and dated by the older adult's physician who indicates what level of care his/her patient requires and includes pertinent medical information. This form must be included in every application to an assistive living community or nursing home. The facility in turn submits all forms to Medicaid in order to verify eligibility for the level of care the facility provides and financial assistance for those who qualify (Medicaid reviews all FL2 forms for level of care the applicants' need, but only those who apply are reviewed for financial assistance). The fiscal agent for Medicaid must receive the FL2 form within 30 days of the date signed by the physician.

Caregivers, if your care recipient's level of physical functioning declines, he/she might need the assistance of a professional caregiver, an assistive living community or a nursing home. Call *SeniorLine* at (336) 884-6981- High Point/Jamestown and (336) 333-6981-Greensboro/County and a Certified Information and Referral Specialist will inform you of the public and private pay options that are available for your consideration.