

Transcript: Andrea's Preliminary IL Assessment

Person	Conversation Text
VRC	So Andrea, now that we've gone over some introductory information about IL services and you agreed to go forward, we're ready to go through what's called a preliminary Independent Living (IL) assessment.
Andrea	<i>(has been looking away)</i> I'm sorry—what did you say?
VRC	<i>(establishes eye contact)</i> An independent living preliminary assessment.
Andrea	<i>(maintains eye contact)</i> Okay. You told me before but can you tell me again what that is . . . ?
VRC	Of course—a preliminary IL assessment consists of questions I'll be asking you to help me determine how much difficulty you have each day doing some specific tasks, such as taking care of your daily needs. If we identify potential IL needs you have, we'll see if you there are ways we can help you become more independent.
Andrea	Okay. Sounds good.
VRC	Well. We'll take it one item at a time.
Andrea	Okay.
VRC	First we're going to talk about some activities you do regularly each day. For each of these I want you to let me know how much difficulty you had doing this task in the past month. And for those things you don't do, you can tell me the reason.
Andrea	<i>(looks away again and appears distracted)</i> Okay—I will let you know.
VRC	<i>(establishes eye contact again)</i> Okay—so let's begin with the first question. Are you having any difficulties eating, dressing, or bathing?
Andrea	<i>(cups her ear and leans forward)</i> Huh? I didn't understand that.
VRC	<i>(re-establishes eye contact)</i> Okay—let me clarify that. It may be easier for me to ask each part of this question one part at a time. Are you having any problems eating by yourself? That would mean holding your spoon/fork, holding a cup . . . do you need any help with that.
Andrea	Nah. I'm fine with that.
VRC	Good. How about dressing. Are you able to get dressed by yourself?

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Andrea	<i>(appears confused)</i> Am I able to get an address? I don't understand.
VRC	<i>(patient and establishing eye contact)</i> . Okay—let's word it differently—Are you able to put on your clothes in the mornings—button your buttons, put on your shoes . . .
Andrea	<i>(nods her head)</i> Well, I have trouble with buttons sometimes—my left wrist hurts when I button something or try to zip something up. I also get tremors sometimes in the mornings. If I need help, my daughter will help me.
VRC	Okay, thanks for describing the specific problem you are having. Are you able to take a bath or a shower by yourself?
Andrea	Yes.
VRC	Let's discuss the next two questions on the form. How much difficulty do you have walking one block or several blocks?
Andrea	I can walk down the street and back okay.
VRC	Do you have any trouble going up and down stairs?
Andrea	<i>(confused)</i> Do I what now?
VRC	<i>(establishes eye contact)</i> Do you have any trouble going up and down stairs?
Andrea	I can do that okay.
VRC	<i>(Marks this on the form)</i> How about walking indoors such as around your house?
Andrea	I'm fine with that.
VRC	Okay—good. <i>(Marks this on the form)</i> Let's look at item 10. How much difficulty do you have doing work around the house such as cleaning, light yard work or laundry?
Andrea	Well—my daughter does most of the cleaning and laundry. I can't lift large baskets of laundry because it hurts my wrist and my left arm is too weak. We hire someone to mow the lawn because we don't have a lawn mower.
VRC	<i>(Marks this on the form)</i> Thanks for that information. How much difficulty do you have doing errands, such as shopping?
Andrea	<i>(cups her ear and leans forward)</i> I'm sorry. Can you repeat that last part?
VRC	How much difficulty do you have doing errands, such as shopping?

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Andrea	Well—my daughter is doing most of the grocery shopping. I can't lift grocery bags that are heavy out of the grocery cart or out of the car . . . I'd drop them if I tried to lift them.
VRC	(Marks this on the form) Okay—thanks for telling me the type of difficulties you are having shopping. Do you drive?
Andrea	Do I what?
VRC	Do you drive?
Andrea	Well—I can drive fine.
VRC	(Marks this on the form) Do you have any problems visiting with relatives or friends?
Andrea	Friends? I don't really have any. Don't get out much and when I do it's hard to deal with people.
VRC	(maintaining eye contact) You say you have a hard time dealing with people. Can you explain the difficulties you are having?
Andrea	I don't know . . . I'd just rather be by myself. It's just easier that way. I'm not much good to anyone anyway and I don't really get along with many people.
VRC	Do you have any difficulty visiting with relatives, like your son?
Andrea	Don't talk to him anymore . . . last time was at Christmas. I'd rather just keep to myself most of the time.
VRC	(Marks this on the form) Okay, do you attend church?
Andrea	No. I like to just stay home on Sundays. I'll maybe watch it on T.V.
VRC	Have you attended church in the past?
Andrea	Maybe a few times when I was a kid. That's all.
VRC	Do you volunteer or do any activity outside your home with other people?
Andrea	(getting irritated) I told you . . . I really just like to be by myself. I get stressed out if I'm around too many people . . . it makes me sweat and get upset.
VRC	(patient) Okay, I understand what you are saying . . . I just want to clearly document what you are telling me on the form. So you don't participate in any social or church activities or visit with people outside the apartment . . . is that right?
Andrea	Right.
VRC	Okay—let's move on. Do you have any difficulties taking care of family members?
Andrea	(distracted) I don't understand that.
VRC	Do you take care of your family members?

Person	Conversation Text
Andrea	No. I'm living with my daughter and she takes more care of me than I take care of her.
VRC	Would you like to take care of others more independently?
Andrea	It would be nice if I could do more things for myself and others.
VRC	I can understand that. Let's look at the next question—do you participate in any recreational activities like golf or tennis?
Andrea	Nah . . . like I said I keep to myself.
VRC	Have you ever participated in recreational activities in the past?
Andrea	Used to bowl in the Army but not anymore. Hurts my left arm too much.
VRC	Is bowling something you'd like to be able to do again?
Andrea	I don't need to bowl. I'm fine just being at home watching T.V. and reading. If I bowl, I have to be around people too much and that makes me stressed.
VRC	<i>(Marks this on the form)</i> Okay, thanks for giving me those details. Do you have any trouble using a pen or pencil?
Andrea	<i>(confused)</i> Yes—I use pens and pencils . . .
VRC	Do you have difficulty holding a pen or pencil?
Andrea	Nah . . . I'm fine with that.
VRC	<i>(Marks this on the form)</i> Do you have any trouble bending, stooping, and lifting?
Andrea	Well, my doctor says that anything like bending, reaching overhead, carrying something heavy aggravates my left wrist pain and gives me tremors sometimes . . . Can't lift anything heavier than like 3 pounds . . . when I reach up to a cabinet or to wash my hair it really hurts . . .
VRC	<i>(Marks this on the form)</i> Okay, thanks for giving me those details. Do you have any trouble sleeping?
Andrea	Sleeping? Yeah, I sleep.
VRC	Do you have trouble going to sleep at night or staying asleep?
Andrea	Well . . . yes, I have trouble sleeping. I get up once or twice in the night and sometimes can't go back to sleep.
VRC	That must be frustrating for you. I see from your records you have been prescribed several medications. You have prescriptions for hypertension, pain, thyroid, and depression for example. Do you take each of your medications?
Andrea	I don't take any pills. Think the doctor gave me some prescriptions awhile back, but I wasn't sure what for . . .

Person	Conversation Text
VRC	Okay . . . so you haven't filled prescriptions recently.
Andrea	Think my daughter filled one a few months ago but I don't remember what it was for.
VRC	I see in the medical notes that your doctor prescribed physical therapy each week for your left arm. Do you attend therapy?
Andrea	Nah . . . I went a few times about a year ago and stopped going—it wasn't working so I stopped going.
VRC	Okay, what about the exercises your doctor recommended for your arm. Do you do those?
Andrea	To be honest . . . no. I don't even remember that.
VRC	Do you attend your appointments with your psychologist?
Andrea	No. I don't like to talk about my problems. I don't think it helps me.
VRC	Okay—well thank you for your honesty—that's important. Let's move on to the next question. Do you have any difficulty using the telephone?
Andrea	Yeah . . . I have a phone.
VRC	Do you have any difficulty using it?
Andrea	Sometimes I ask people to repeat what they said . . .
VRC	Do you have trouble hearing people on the phone?
Andrea	Yeah . . . sometimes.
VRC	Do you have any difficulty handling your finances?
Andrea	Doing what now?
VRC	Do you have any trouble handling your money—paying bills, banking, . . .
Andrea	Money trouble? Well . . . I'm getting some money for my disability, but it isn't enough. I'm getting food.
VRC	Okay . . . do you have any problems managing your money from the disability check and food stamps . . . paying your bills on time, for example . . .
Andrea	Well . . . what money I have I pay my bills on time. If I need money for something extra—my daughter and son help me out.
VRC	Okay . . . thank you for that information. Do you prepare meals for yourself?
Andrea	Meals? Yeah . . . I eat real well.
VRC	Do you cook?
Andrea	I love to cook . . . it's a way to help my daughter because she works all day.

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VRC	Do you have any difficulty preparing meals?
Andrea	No.
VRC	Great. Do you have any difficulty using the toilet?
Andrea	No.
VRC	Good. Are you able to do any kind of vigorous exercise?
Andrea	What do you mean vigorous?
VRC	Do you run? Play tennis? Use the treadmill? Swim laps?
Andrea	Nah . . . don't do any of those things.
VRC	Have you participated in vigorous exercise in the past?
Andrea	No. I don't like to do those things. I'd rather read and watch T.V.
VRC	Do you have any other difficulties with your memory?
Andrea	Well, I do forget stuff sometimes. My daughter has to remind me about things because if she tells me and I don't do it right away I'll forget it.
VRC	Do you have any other difficulties with memory or concentration?
Andrea	Can't do anything for too long a time. I can read for maybe 15–20 minutes at a stretch—longer than that I get a headache.
VRC	Do you have any difficulty getting in and out of your apartment?
Andrea	Sometimes I have trouble getting out.
VRC	What type of difficulties are you having getting out of your apartment?
Andrea	Well . . . I just don't want to get too stressed out by being around a lot of people so I don't go to malls or any place with lots of people. I'd rather just stay at home.
VRC	Thanks for explaining the difficulties you are having. Let's move on to the next question. Do you have any problems controlling the thermostat?
Andrea	Yeah . . . we have a thermostat . . .
VRC	Do you have any trouble changing the temperature if you need to?
Andrea	No.
VRC	Do you have any difficulties controlling the fan?
Andrea	No.
VRC	How about the T.V.? Do you have any difficulty controlling the T.V.?
Andrea	We have a remote that works for the T.V. No trouble there.
VRC	That's great. Let's look at the last question for this section. Other than your daughter, can you tell me if you communicate with family or friends?
Andrea	Like talking with people?

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VRC	Right.
Andrea	No. Course I'm living with my daughter so I talk to her every day.
VRC	How about other family members?
Andrea	Well—my son is in Virginia—haven't really talked with him in months.
VRC	Can you tell me the difficulties you are having talking with him?
Andrea	Well . . . it's frustrating talking on the phone because I have to ask him to repeat himself a lot and I just don't like talking on the phone. It's too far to visit. He's got his own life and is busy anyway.
VRC	How about talking with anyone else other than your daughter and son—friends, neighbors . . .
Andrea	I don't have any friends I talk to . . . pretty much keep to myself. Sometimes it gets lonely.
VRC	I understand. So—looking back through this list how would you rate your overall level of independence? Is it very high? High? Moderate? Low? Or Very low?
Andrea	Hmm . . . Well it's not high but not low . . . I'd say moderate . . .
VRC	The next question asks if you have a personal care attendant. Do you have anyone who is paid to come and care for you?
Andrea	Well . . . my daughter does, but she's not paid.
VRC	Right. We've completed the first section of this form which evaluates how well you can do activities of daily living. Now we're going to discuss Part II. Do you now, or have you ever had any problems with alcohol or drug abuse?
Andrea	No. I drink maybe a beer or two on the weekends but that isn't a problem.
VRC	Okay . . . thanks. Let's move on to the next section. These are just some general questions about your living arrangements. You indicated earlier you live with your daughter here in the apartment right?
Andrea	Right. In the past I have lived with my sick mother and now with my daughter.
VRC	Are you having any problems with your current living arrangements?
Andrea	No. Someday I'd like to be able to live on my own.
VRC	Do you feel safe in your home and the street?
Andrea	(distracted) Safe? No, we don't have a safe.

Person	Conversation Text
VRC	Is this a safe neighborhood?
Andrea	Oh, yeah. It's a nice neighborhood.
VRC	Good. The next few questions are about some personal, emotional and spiritual needs. First, you rated your level of independence as moderate. Let's expand on that. How much control do you feel you have in your life and the choices that matter to you?
Andrea	I don't know . . . I just don't seem to feel right most days. I'd like to get my own apartment and be on my own.
VRC	In general, how do you feel about yourself and your life?
Andrea	I don't know how to answer that. I'd like to be able to be around people and not get stressed. I'd like to be on my own.
VRC	How much support does your family provide you?
Andrea	Well—I told you my daughter helps me do things I can't do myself. On holidays I see my son. He sends me money.
VRC	You told me earlier that you get stressed when you are around a lot of people and don't get out of your apartment a lot. Can you explain any additional difficulties you have getting along with other people?
Andrea	If I do talk to anyone they just don't seem to understand the stuff I'm going through.
VRC	Do you have any spiritual needs that are not being met?
Andrea	No.
VRC	Let's look at hobbies . . . you told me you used to bowl in the Army. Do you have any other hobbies right now?
Andrea	Well I read and watch T.V.
VRC	Are there any hobbies you did in the past you'd like to do but can no longer do?
Andrea	No.

Person	Conversation Text
VRC	<p>Okay—well thank you Andrea for your assistance in completing this form. I appreciate your patience and detailed responses to these questions. Based on this evaluation, I think you'd benefit from completing a comprehensive independent living evaluation to determine appropriate services and assistance to increase your independence. I'd like to make a referral for a comprehensive independent living evaluation. After that evaluation is completed, you'll meet again with me to develop an appropriate plan for your independent living needs.</p> <p>Would you like to complete the next step—a comprehensive independent living evaluation?</p>
Andrea	Yes.
VRC	Okay, great!

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