

- Category A: Household A. D. L.

This Category refers to the need of care on the field of household. In this Category (and Category B and C) they count 0 for 'no need of care', 1 equals 'some need of care', 2 equals 'more need of care' and 3 equals 'complete in need of care'.

- 1) **Cleaning:** *cleaning of the house in all its aspects, going from clearing up to activities that requires persistence and force.*

The household, cleaning, dusting, doing the dishes and such have to be done by others. Given that he's allergic for dust and such one has to dust and vacuum clean every day, he can't do this himself. Because of loss of strength, pain and muscle cramps this is too heavy for him and also to tiring.

For this point he's completely dependent upon others! This comes to the same thing as 3 points!

- 2) **Laundry:** *going from collecting and sorting the laundry to drying and/or taking the laundry off the clothesline.*

The laundry and the drying do others for him, he can't lift up the laundry basket and hang up or take off the laundry is impossible for him. The laundry basket is too heavy for him and he can't bring it to the clothesline and certainly not to the washing machine or drying cabinet, cause he can't get there with the wheelchair. Besides, the washing machine and drying cabinet are downstairs and he can't go downstairs or upstairs without help of his brother-in-law, and certainly not with a laundry basket.

Also for this point he's completely dependent upon others! This is the same as 3 points!

- 3) **Ironing:** *going from folding to putting away in the closet.*

Here again he needs help because there is the same problem with the heavy laundry basket and also the ironing board is too heavy for him. In its previous house he could do the hankies when somebody else took the laundry basket, the ironing board and the iron. But even this he can't do any longer because he directly has cramps in his hand and arm.

Putting away the laundry brings the problem of the laundry basket again.

Again he's completely dependent upon others! Again 3 points!

- 4) **Messages:** *going from the making of the shopping list to the stowing away of the bought products.*

Previously he could push his wheelchair a further then now and then he could go with his sister to the store when there wasn't much needed. Now he's exhausted after 20 metres and then he also has pain, muscle cramps, ... He can't carry the bought products and/or stow them away. His sister does this for him. She makes the shopping list, but she draws him into it. Going to the store is to difficult, to painful and to exhausting for him (pushing the shopping-cart and the wheelchair?, wheelchair and bought products in trunk of a small car?).

So also here he's completely dependent upon his sister and brother-in-law! And again this means 3 points!

- 5) **Preparing dinner:** *going from the making of the menu to the bringing to the table of the prepared meal.*

His sister mostly decides what will be prepared because she does the cooking, she does the messages, and since she eats too then and sometimes his needy mother also eats then. Sometimes when he really would like something his sister keeps this into account of course.

He can't peel the potatoes, he directly has cramps in hands and fingers. The pots and pans are too heavy for him. He can't bring the dinner plate to the table, and certainly not the pots or pans (too heavy). Besides, it isn't save to cook on a cooker with a normal height with a wheelchair. He can't stand up long enough to cook upright. And the cooker stands downstairs and without help

he can't go downstairs, so when his brother-in-law is working his sister has to bring his meal upstairs.

So here again he's completely dependent on his sister! So again **3** points!

- 6) **Organizing the housekeeping:** managing the housekeeping, going from the planning of all the jobs that has to happen regularly and occasionally to the controlling.

His sister does the organization of the housekeeping, she decides what will happen when. The controlling doesn't have to be done because she does the cleaning and rarely forgets something. Besides, he can't control all, he can't 'look' everywhere, too high, too low, ... He even can't check if the dishes are done, if the cookers is cleaned, if the washing machine is done or such, cause he can't go downstairs without help and he can't reach the washing machine with his wheelchair when he is downstairs.

So here again he's completely dependent upon his sister! But I don't like to give the maximum, so I give **2** points!

This was Category A, it's possible to obtain 18 points here. He has at least **17 points** here!

- Category B: Physical A.D.L.

Here the same counting procedure as in Category A. This Category refers to the physical functions that stop or fall out. This Category gives information about the physical or corporal need of care of the applicant.

- 1) **Washing:** look after the personal hygiene.

He can't get in or out the bathtub, he needs help from his brother-in-law. He can't wash his own lower legs, feet and back, he needs help for that, he can't do this because he can't touch his lower legs (He can't bend over this far and he can't go far enough through his knees (cramps, pain, ...)) and he can't touch his back with his arms). He also needs help with drying off. He himself brushes his teeth but there shouldn't be a lid that needs to be turned to open on the toothpaste and he uses an electric toothbrush with a bigger grip because a normal toothbrush is too thin and the brushing would give him cramps immediately then. He tries to wash his chest, belly, arms and face himself as much as possible, he wants to have some self-esteem and listens to his specialist (keep doing whatever you can). He has to be washed each day completely because he sweats when he does his home-training plan that the specialist gave him.

So here he also needs help, without help he can't wash and/or dry off. Because the greater part of the washing and drying off has to be done by his sister and he needs his brother-in-law to get in the bathtub he should get **2** points here! (The applicant can't wash himself, but he can do a few parts of the washing.)

- 2) **Dressing:** to be able to put on clothing and to be able to take off clothing.

Hereby he needs help with his underpants, pants, socks and shoes. Same problem as by washing, he can't bend forward (deep) enough. When he hasn't got a really bad day he can put on his t-shirt or blouse or take off those. He tries but he just doesn't succeed to do the rest alone and he's proud of the fact that he usually can put on his t-shirt.

So for the biggest part he's dependent upon his sister. But because he (most of the times) can put on his t-shirt I can't give 3 points, so it will be **2** points! (Also here, the applicant can't put on or take off his clothes completely, but a few things he can do himself.)

- 3) **Transfers:** to be able to transfer himself indoors and/or outside.

With his wheelchair he's able to push himself maximum 20 metres, then he has too much pain, he's too exhausted then, he has cramps then in arms and hands. After such a strain one has to carry him (in a manner of speaking) to his bed so that he can recover a few hours.

With the walking frame he tries to 'walk' as much as possible (also part of his home-training plan). He maximum can 'walk' 3 metres far with this walking frame and then he has to sit down to recover and to rest.

He has no car, no driver's license, besides, with his illness he won't be able to drive a car. And because he lives upstairs and he isn't able to come downstairs without help he can't leave the house without help. Upstairs there isn't much room to move.

*Here he's completely dependent upon others and this means **3** points!*

4) Going to and using the toilet: going to the toilet and take proper advantage of the toilet.

At home, upstairs he can go to the toilet himself with the wheelchair. There are grab bars and he can transfer from his wheelchair on the toilet and back himself, this is very exhausting but he will keep doing it himself as long as he can and as much as possible. When those grab bars (accessory) weren't there he wouldn't be able to do this himself. But when he has a very bad day or period he needs help from his sister or brother-in-law.

Downstairs and elsewhere he needs help for the transfer from wheelchair to toilet and back and when the toilet is too far away someone has to push his wheelchair.

*Here I safely can give 2 points (because he needs help elsewhere and downstairs and because he needs accessories upstairs), but since he almost never leaves I'll give him **1** point! (The applicant can go to the toilet by himself upstairs, but not downstairs and elsewhere and it is very exhausting).*

5) Incontinence: not feeling the urge, not able to control the peeing or defecating.

Here he says that he's fortunate that he hasn't problems with that.

*So this are **0** points!*

6) Eating: eating without help, going from the use of the cutlery to the bringing of the food to the mouth.

Here he says the same as with incontinence, that he's happy that he still can do this himself. He uses special cutlery with thicker handles because the normal cutlery gives him cramps immediately (hands and wrists). On very bad days or periods he has to ask his sister to cut the meat, because when he's stubborn and tries to do it himself he tears the meat, but doesn't cut it. One also has to bring his dinner plate upstairs, or when his brother-in-law brings him downstairs one has to bring his dinner plate or the pots and pans to the table. The dishing up is also a problem when he sits in his wheelchair and sometimes it's too heavy for him.

*Here he actually needs help and accessories, this corresponds with **2** points. (The applicant can eat without help but has to use special cutlery and sometimes he needs help with the cutting of the meat.)*

*This was Category B, one can have a maximum of 18 points in this Category. From me he gets **9** points in total!*

- Category C: Social A.D.L.

In this Category one looks at the neediness to social support. This goes about activities like general and familial assistance, to know if the applicant needs this assistance.

1) Social loss: the bearing, processing of the social consequences of loss.

He barely has social contacts left besides the internet. The loss of friends because of his illness, because of the financial problems, because of the moving to another province (in the past with his

ex-girlfriend) still is heavy for him, he has problems with it. He barely gets visitors (besides his carers). His sister tries to draw him into as much as possible and tries to have a lot of normal conversations with him.

Besides, when someone rings the doorbell and when nobody besides him is at home he even can't open the door, cause he can't come downstairs without help. Also the fact that he can't work anymore, that he can't do sports anymore, that he can't ride a bike anymore, that he can't go out anymore, ... is heavy, and he even visits a psychiatrist, he still has problems to process this. The loss of the financial security he had is also very heavy for him and certainly because he can't talk with anyone (besides his psychiatrist and sister) about it, talking about it on the internet isn't the same as talking to someone that sits besides you. The fact that he has almost none social contacts is a burden for him.

For this he really should get **2** points! (Maybe even 3 points.)

2) **Faithful at therapy and health-rules:** the following of the 'common sense'-rules or prescribed rules in connection with medication, therapy, revalidation, regimen, diet and preventing of complications.

He uses post-its so that he doesn't forget the things he need to remember or the things he needs to do, his sister also uses them when she wants to be sure that he doesn't forget something, when it's very important she calls him.

His medication lies in little boxes on places where he always sees those boxes, so that he can't forget to take them. When his brother-in-law takes him downstairs he takes the box for that day also downstairs and otherwise his sister places the box close to his dinner plate. His medication that he has to take just before he goes to sleep lies on his night table close to his night-light so he sees this medication when he turns his night-light on or of.

Every Saturday he fills these little boxes himself with medication (boxes for a whole week). His sister has printed out a paper where perfectly and clear stands which medication he has to put where in the boxes. But someone has to get his medications at the pharmacy of course. This paper is adjusted when his medication changes (new medication or other dose).

He tries to do his home-training plan each day (as good as possible, depends on how he feels), but he needs help from his brother-in-law in any case (specialist demanded that) for many exercises. He has a paper where all exercises stand on (otherwise he forgets which exercises he has to do) but usually his brother-in-law guides him through the home-training plan.

Honestly, I don't know how many points I should give here. He needs accessories and help to help him reminding things, so I would give him **1** point here!

3) **Safety in and around the house:** having the notion and taking away or letting take away the safety-risks in and around the house.

Talking about safety, you can't say that his situation of living is safe, because he lives upstairs and can't come down without help, as I already said, he can't even open the door when someone rings and nobody except him is at home. It's a rented house and it isn't allowed to place a stair lift.

His brother-in-law is the one that makes sure that the outside of the house is 'safe', that there isn't anything that can make him fall (loose hard bricks, a rising manhole cover, ice, ...). Inside his sister does this most of the time, usually this is with clearing of things this person left somewhere. For instance a blanket on the back of the seat, this can fall on the ground and when he passes with his walking frame he can slip and fall, she puts the blanket on the right place, on a safe place. I can't determine if he these things don't interest him, if these things just aren't conspicuous for him, if he doesn't think about these things or if he just doesn't realize these things, but it's a fact that his sister and brother-in-law make sure that he lives as safe as possible.

The accentuate al the time that he has to make sure that he always has his cell-phone in his pocket or hand (for instance on the toilet), this in case anything happens (not being able to transfer from the toilet to the wheelchair, falling, ...). But usually his reaction is 'Why? I can handle it!'

Here I tend to give him 2 points, but I'll be strict and give only **1** point!

4) **Administration:** going from the follow up of the correspondence, the writing of letters, the filling in of forms to the contacts with all sorts of authorities.

If someone gets his post out of the mailbox and brings it upstairs then he can read the post himself. His sister afterwards will go through the mail and classify it. Because she is the one that has the contacts with the authorities she has to know where every paper and document can be found, when he classifies those, he can't find them back and she certainly not.

She writes or types the letters and mails, but she tries to involve him as much as possible. He can't write or type long because he immediately gets cramps in fingers and wrists. And he writes to many mistakes, says everything much too long and says things multiple times. Sometimes he starts to type a letter or mail when his sister isn't there yet, but he needs two days where his sister only needs a quarter of an hour. It doesn't matter how much he typed when his sister arrives, but in any case she has to check all he typed, correct it and change it. Sometimes he wants to type it (on days that he doesn't feel that bad) when his sister is present, but it takes this long and his sister hasn't got all day, she has work to do at his place, in her own place and she has her own family (they have a son of 4 years).

When 'official' authorities visit him or when he has to go to them (social services, community, ...) then someone has to go with him, usually it's his sister because she does all the contacts and paperwork. He forgets what is said during the meeting, usually he doesn't know what to say or answer (he even forgets things that are said before he enters or before the meeting starts). He's very nervous when he comes in crowded areas, he just isn't used to it anymore, he barely leaves his home and he barely comes in crowded areas. Even 'a few people' is a problem for him, he is very nervous then.

With the administration he actually needs help all the time, he tries to do things himself, but finally it's his sister that has to do it (again). So here he certainly should get **3 points!**

5) **Financial performances:** doing the payments and financial tasks.

Here he constantly needs help of his sister. He is the one that fills in the amounts and account number and such when using online banking and he confirms it. But his sister has to be present to help him and to say what he has to do or how he has to do something, she has to check that he doesn't make any mistakes. He is very uncertain on this area.

So here he also needs constant help, but he does the typing. You could give 3 points here because his sister has to explain it over and over again, but I give only **2 points!**

6) **Hygienic Care children:** according the age of the children, going from washing, changing, dressing and giving food to the accompanying of and the supervising on the hygienic care by the parent(s) or the child(ren) themselves.

He hasn't got children, but he has cats for years now, and those have to be fed, the water has to be refreshed every day, ... and his sister helps with that. But I don't think this is worth points here.



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7) **Care children:** according the age of the children, going from the looking after the children to the accompanying and the supervising on the pastime of the child(ren).

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So this was Category C, it's possible to have 21 points here. From me he gets **9 points** in total!

- Category D: Mental Health.

This Category refers to the psychological dysfunction. Next to psychological dysfunctions one also looks at the outward behaviours and moods. How much can the needy function and maintain himself independent?

In this Category one looks at the degree of happening. Doesn't happen equals 0 points, happens now and then equals 1 point, usually happens equals 2 points and happens all the time equals 3 points.

- 1) **Disorientating in time:** *the degree in which the applicant hasn't got the right understanding (anymore) of the time. Right understanding of the time contains the defining of the time when asked, using the notion of the time appropriate, hour, day, week, month, year.*

Sometimes he has to ask or look what day or date it is. All days are the same for him, weekday and weekend, and that makes it difficult for him to know what day it is.

Here he gets 1 point! Cause it happens now and then. But probably most assessors will give 0 points here.

- 2) **Disorientating in space:** *the degree in which the applicant doesn't find the way 'home' (anymore).*

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- 3) **Disorientating in persons:** *the degree in which the applicant doesn't recognize persons (anymore) or he doesn't link them with their right name (anymore).*

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- 4) **Non-purposeful behaviour:** *the degree in which the applicant shows behaviour that is not significant, that the behaviour doesn't answer to a purpose. This contains inexorably acts and restlessness.*

I already said it, he barely mix with people (and barely comes outside) and when he is somewhere where it's crowded he's very restless, nervous, sometimes he begins to tremble from restlessness and he wants to leave then. He can't wait until one pushes his wheelchair but he wants to leave immediately.

Here he gets 1 point! Cause it happens sometimes.

- 5) **Inconvenient behaviour:** *the degree in which the applicant acts disagreeable in his social environment, this contains verbal inconvenient problems, indecent problems and destructive violence towards persons and the urge to destruct.*

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- 6) **Loss of initiative:** *the degree in which the applicant shows loss of initiative and doesn't come into action of one's own accord (no action without stimulus, having difficulties to start activities, being slow while doing activities).*

There are a lot of days that he doesn't get in action at morning, he just doesn't feel like doing anything, and there's needed a lot of persuasive power from his sister to get him to do anything at all. Sometimes he even doesn't want to come out his bed or seat. When he really doesn't feel like it then he'll do the activity or task not completely or with a bad grace. You barely get him started and you have to push him constantly.

Because he has a lot of problems with this I have to give 2 points!

- 7) **Discouraged mood:** *the degree in which the applicant shows signs of a discouraged mood (from weeping to depression) or says that he has problems with it.*

He often is depressed and discouraged. This because of his financial problems, because of the problems of living (house), because of his illness, because he barely leaves his house (can't leave because he just doesn't feel good enough physical and because he's too tired), because he can't relieve his feelings to no one and because the fact that he can't do any longer what he could to in

the past (before getting sick). He always was busy in the past, doing the household, working, doing odd jobs, sporting, riding his bike, ... and now he barely can do anything. Because of this he goes quite regularly to his psychiatrist.

*Here it's not possible to give fewer points than **3!***

8) Anxious mood: *the degree in which the applicant shows anxiety or says that he is anxious (worry about something, insomnia, not being able to function properly).*

He kept thinking that he didn't had problems with anxiety until a short time ago, but after a good conversation with his psychiatrist his psychiatrist has made clear to him that he has anxious moods.

- There are nights (even if he's tired and exhausted) that he can't sleep, that he puzzles his' head off. (worrying about the future, what the future will bring, worrying about his financial problems and he worries about the overdue bills, ...)*
- He is anxious that he won't be able to do anything in the future, that his illness will worsen.*
- He's frightened that he can't reach anybody when he is upstairs and has a problem and/or when he needs help, after my last conversation with him it's clear that he really is anxious for that and that he doesn't feel safe upstairs (when alone).*
- He worries that he isn't able to find another house (financial, don't get a house, ...) and has to keep living in his mothers' house (upstairs). And he worries that when he is going to leave this house that it will be to go to some kind of hospital.*
- He worries that he'll be 'helpless' (currently constant since they have taken away his allowance of the Flemish Care Insurance) when his sister and brother-in-law suddenly decide that they no longer want to help him or can't help him any longer.*

*So despite the fact that he kept denying or doesn't wanted to admit that he has anxious moods he has them. This could be 3 points but I only give **2** points!*

*This was Category D, it's possible to have 24 points here. From me he gets **9 points** in total!*