

# RUG-IV: What is an ADL Score?

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## RUG-IV Case Mix Review Fact Sheet #14

### What is Case Mix?

Minnesota Case Mix is a system that classifies residents into distinct groups, called Resource Utilization Groups (RUGs), based on the resident's condition and the care the resident received at the time of the assessment. A value is assigned to each group, which is then used to calculate the daily rate of payment.

**Activities of Daily Living (ADLs)** are tasks related to personal care. The ADL score looks at four of these tasks: transfer, bed mobility, toileting, and eating. The resident's self-performance and the amount of staff support provided are evaluated for all of these tasks.

**ADL self-performance** measures what the resident **actually did** (not what he or she might be capable of doing) within each ADL category over the prior seven days, according to a performance-based scale. **ADL self-performance** coding ranges from 0 (independent) to 4 (total dependence). And is coded as follows:

- **0 – Independent:** If the resident completed the activity with no help or oversight every time during the seven day look-back period.
- **1 – Supervision:** If oversight, encouragement, or cueing was provided **three or more** times during the last seven days.
- **2 – Limited Assistance:** If resident was highly involved in the activity and received physical help in guided maneuvering of limb(s) or other non-weight-bearing assistance **three or more** times during the last seven days.
- **3 – Extensive Assistance:** If resident performed part of the activity over the last seven days, help of the following type(s) was provided **three or more** times:
  - Weight-bearing support provided **three or more** times.
  - Full staff performance of activity during part, but not all, of the last seven days.
- **4 – Total Dependence:** If there was full staff performance of an activity with no participation by the resident for any aspect of the ADL activity. The resident must be unwilling or unable to perform any part of the activity over the **entire seven day** look-back period.
- **7 – Activity occurred only once or twice:** If the activity occurred but **not** three times or more.
- **8 – Activity did not occur:** If, over the seven day look-back period, the ADL (or any part of the ADL) was not performed by the resident or staff at all.

**ADL support** measures the **most support provided by staff** over the last seven days.

## WHAT IS AN ADL SCORE?

**Note:** It is coded for the **most** support provided over all shifts regardless of the resident’s self-performance classification.

The coding is as follows:

- **0 – No setup or physical help from staff:** If the resident completed the activity with no help or oversight.
- **1 – Setup help only:** If the resident is provided with materials or devices necessary to perform the ADL independently. This can include giving or holding out an item that the resident takes from the caregiver.
- **2 – One person physical assist:** If the resident was assisted by one staff person.
- **3 – Two+ person physical assist:** If the resident was assisted by two or more staff persons.
- **8 – ADL activity itself did not occur during the entire period:** If, over the seven-day look-back period, the ADL activity was not performed by the resident or staff at all.

The total ADL score is calculated according to the following table:

### ADL Score Table

ADL	Self-Performance	Support	Total ADL Score
Bed Mobility (G0110A), or Transfer (G0110B), or Toilet Use (G01101)	Coded -, 0, 1, 7, or 8	Any Number	0
	Coded 2	Any Number	1
	Coded 3	-, 0, 1, or 2	2
	Coded 4	-, 0, 1, or 2	3
	Coded 3 or 4	3	4
Eating (G0110H)	Coded -, 0, 1, 2, 7, or 8	-, 0, 1, or 8	0
	Coded -, 0, 1, 2, 7, or 8	2 or 3	2
	Coded 3 or 4	-, 0, or 1	2
	Coded 3	2 or 3	3
	Coded 4	2 or 3	3

The total ADL score is a very important component of the RUG categories and is calculated from the seven days immediately preceding and including the date of the assessment. Changes, including improvements and declines in function that have occurred since the assessment dates are not considered when coding the MDS.

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