



Plan of Operation to Provide Care for Clients Who Rely Upon Others to Perform All ADL's

A licensee may accept or retain a client who relies upon others to perform all Activities of Daily Living (ADL's) for them. These residents are also referred to as requiring "Total Care." ADL's are defined as:

- Bathing: Cleaning the body using a tub, shower or sponge bath, including getting a basin of water, managing faucets, getting in and out of a tub or shower, reaching head and body parts for soaping, rinsing and drying.
- Dressing: Putting on and taking off, fastening and unfastening garments and undergarments and special devices such as back or leg braces, corsets, elastic stockings/garments and artificial limbs or splints.
- Toileting: Getting on and off a toilet or commode, emptying a commode, managing clothes, wiping and cleaning the body after toileting, and using and emptying a bedpan and urinal.
- Transferring: Moving from one sitting or lying position to another sitting or lying position (e.g., from bed to or from a wheelchair, or sofa, coming to a standing position and/or repositioning to promote circulation and to prevent skin breakdown).
- Continence: Ability to control bowel and bladder, as well as to use ostomy and/or catheters receptacles, and to apply diapers and disposable barrier pads.
- Eating: Reaching for, picking up, grasping a utensil and cup; getting food on a utensil; bringing food, utensil, and cup to mouth; manipulating food on plate; and cleaning face and hands as necessary following meal.

To accept or retain such a client, the licensee must submit a Plan Of Operation to Community Care Licensing Division (CCLD) demonstrating their ability to provide the necessary care.

RA Mears Consulting can provide you with a "Total Care" waiver request that will meet Title 22 requirements, including:

- An addendum to your Plan of Operation.

Price: \$275

The following optional documentation is also available:

- A sample "Total Care" checklist.

Price: \$50

Note: Clients who relies upon others to perform all Activities of Daily Living (ADL's) are prohibited in RCFE's.

Note: See our [Products & Services Price List](#) and [Policies](#) for full details. You are accountable for knowing the contents of your *Plan of Operation to Provide Care for Clients Who Rely Upon Others to Perform All ADL's* and for providing the services therein. To this end, RA Mears Consulting will provide an overview of any documentation provided to you, as needed.

A Plan of Operation to Provide Care for Clients Who Rely Upon Others to Perform All ADL's delivered outside of San Diego County will be sent by email or regular mail, as agreed on.

All *Plans of Operation to Provide Care for Clients Who Rely Upon Others to Perform All ADL's* delivered electronically will be in non-modifiable PDF format and *will not* be provided in a modifiable format (e.g., DOC, TXT). RA Mears Consulting will make any revisions to *our work* required by CCLD for *initial* approval without additional charge to you.