



Highly Vulnerable Adult Case Conferencing Process

Glossary

ADRC: Aging & Disability Resource Center – Anchorage
 CM: Case Manager
 ALF: Assisted Living Facility (Assisted Living Home)
 ADLs: Activities of Daily Living
 IADLs: Instrumental Activities of Daily Living
 PCI: Person-Centered Intake
 CC: Care Coordinator

Current Assisted Living Facilities in Anchorage [here](#)

ADRC Anchorage Resources [here](#)

*If steps are taking longer than described, bring to ADRC Case Conferencing

ADL & IADL Check List

If an individual fits in some, most, or all categories, schedule a PCI

- ADLs

- Personal Hygiene
 - Bathe and groom self, maintain dental hygiene nail & hair care
- Contenance
 - Control of bladder and bowel function
- Dressing
 - Wearing appropriate clothing and put them on
- Functional Mobility
 - Ability to move from one position to another, walking
- Self-feeding
- Toileting
 - Get to and from the toilet, using appropriately, cleaning self

- IADLs

- Cleaning & Housekeeping
 - Maintaining living area, ability to clean clothing or obtain clean clothing
- Managing Money
 - Ability to pay bills, manage financial assets
- Medication Management
 - Ability to obtain medication and take them as directed
- Preparing Meals
 - Shopping for the right food, getting a meal prepared
- Transportation & Shopping
 - Ability to procure groceries, attend events, driving or organizing means of transport
- Using Communication Devices
 - Ability to manage a phone, mail

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We meet every Thursday at 9:00am on
Teams