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## Development and validation of an ADL gap self-efficacy scale for persons requiring home-based nursing care

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Various changes occur in physical, psychological, and cognitive functioning as one ages. There are two types of activities of daily living (ADLs) for older adults: ADLs at the level of the individual's ability and those at the level of practice. An ADL gap between the two types often occurs in cases where older adults have been assessed as being in need of care. The persistence of this gap tends to lower QOL due to the lack of use of ADLs at the ability level of the individual in need of care. We have developed an ADL Gap Self-Efficacy Scale for Persons Requiring Home-Based Nursing Care in order to predict the degree of discrepancy between these two types of ADLs among older adults needing care. Although the scale was developed for older adults requiring home-based nursing care, its feasibility for predicting the ADL gap among those living in care homes has yet to be evaluated. Thus, in order to develop an ADL Gap Self-Efficacy Scale that can be applied to older adults requiring care in general, this study aimed to examine the reliability and validity of the scale among residents of care homes.

### Biography

Mai Yamanoi has completed her MSN from Yokohama City University, Japan. She is Assistant Professor, department of Home Care Nursing, at Kanto Gakuin University, Japan.

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