OVERVIEW

DAILY LIVING ACTIVITIES

Daily Living Activities (also known as Activities of Daily Living) are those things that enable you to take care of yourself – stay clean, look nice, dress and undress, eat, and handle toileting and other needs. They are critical to one's sense of self-worth and feeling of still being a normal person, not a "patient". The more a person can do for himself or herself, the more he or she also practices use of muscles and joints, problem solving, and independence. Often it seems easier to just "do for" someone, but it is much better to help them "do for themselves" because it improves functional independence and self-esteem. Here, again, "use it, or lose it!" is an important concept. It is very hard for someone to regain what has totally been done for them for a long period of time. It is well worth the extra effort to follow these steps and help the elder do all they can, increasing that ability as much as possible with practice and support.



Daily Living Activities - **Activities of Daily Living are those basic skills that we need to get by on a day-to-day basis. These include: Bathing; Dressing; Grooming; Toileting, and Eating. We rate the elder's functioning on these skills using this scale:**

1. **Complete Independence –** **Elder requires no help to safely do the task, needs no devices, and has no timing difficulty.**
2. **Modified Independence -** **Elder uses assistive devices, may have some safety or timing difficulties.**
3. **Supervision/set-up -** **Elder has someone standing by to assist, provide cueing, or set up items or devices needed in performing the task.**
4. **Minimum Assist –** **Elder performs 75% or more of the task on their own.**
5. **Moderate Assist -** **Elder performs 50% to 75% of the task on their own.**
6. **Maximum Assist -** **Elder performs 25% to 49% of the task on their own.**
7. **Total Assist -** **Less than 25% of the task is performed by the elder.**

