

Advanced Activities of Daily Living: Implications for Recreational Therapy

Advanced Activities of Daily Living (aADLs) have been introduced in relation to Basic Activities of Daily Living (bADLs) and Instrumental Activities of Daily Living (iADLs). However, aADLs relate specifically to one's interests; are those activities that are beyond what is needed to function in everyday life, are chosen by the individual, and help the individual in fulfillment of social roles (Cornelius et al., 2018). Based on this definition aADLs, have a strong connection to social participation and social roles which can be evaluated using the Taxonomy of Social Activities proposed by Levasseur et al. (2010). In this presentation, we will introduce the concept of aADLs and implications for recreational therapy.

Learning Outcomes

By the end of this session, attendees will be able to ...

1. define Advanced Activities of Daily Living
2. identify the need for further research on aADLs
3. understand the implications for RT/TR practice and research

Biographies

Melissa L. Zahl, PhD, MTRS, CTRS, FDRT

Melissa is an associate professor at the University of Utah in the Department of Occupational and Recreational Therapies. She has clinical practice experience with a variety of populations for over 20 years. Her research projects focus on rehabilitation processes that address health outcomes on individuals with SCI and neurological populations.

Adam Parker, TRS, CTRS

Adam is a graduate research assistant working with Dr. Melissa Zahl at the University of Utah. Adam has 3 years experience in adaptive recreation, specifically snow sports. Outside of Recreational Therapy, he works as a river guide and in the recreation industry with 5 years of experience facilitating outdoor adventure experiences.