

ADL – ACTIVITIES OF DAILY LIVING

PURPOSE:

To assure that a resident's ability in activities of daily living do not diminish unless the individual's clinical condition demonstrates that a decline was unavoidable.

Activities of Daily Living include bathing, dressing, grooming, dental care, transfers and ambulation, toilet use, eating.

EQUIPMENT:

See individual ADL task for needed equipment.

PROCEDURE:

1. Encourage resident to participate in ADL's as able, praise/acknowledge accomplishments.
2. Organize, set-up needed equipment/items to make task more manageable.
3. Allow sufficient time, simple steps (one at a time).
4. Give choices but limit choices (eg: do you want hot or cold cereal).
5. Respect dignity by maintaining privacy during personal hygiene and toileting ADL's (close curtains, doors, make sure resident is covered as much as possible).
6. Monitor for skin issues during ADL's and notify the nurse of any concerns.
7. Follow resident preferences and required amount of assistance as noted on care kardex/plan of care.

*See individual ADL task policies:

- Bathing/showers
- Denture Care
- Feeding a Resident
- Hair Care
- Dressing
- Transfers
- Lifting & Positioning
- Nail Care
- Oral Hygiene
- Shaving
- Ambulation
- Toilet Use/Perineal Care