Activities of Daily Living (ADLs)

ADLs are categorized as things we normally do in day-to-day living. The ability or inability to perform ADLs is used as a practical measure when determining ability or disability; they are used when determining waiver eligibility.

- Eating
- Bathing
- Dressing
- Toileting
- Hygiene/Grooming
- Positioning/Transfers
- Mobility