

3 Activities of Daily Living

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CHAPTER OBJECTIVES

By the end of this chapter, the student will be able to do the following:

- Define activities of daily living (ADLs) as pertains to the Occupational Therapy Practice Framework (the Framework).
- Describe specific models/frames of reference as related to ADLs.
- Comprehend safety issues as related to ADLs.
- Delineate between the role of the occupational therapist and the occupational therapy assistant as they pertain to the occupation of ADLs.
- Comprehend and identify social participation implications as related to decreased independence in ADLs.
- Describe the impact of contextual and environmental factors on ADLs.
- Identify appropriate ADL intervention strategies based on various performance skills and client factors.
- Identify specific ADL compensation/adaptation strategies.
- Identify general ADL remediation strategies.
- Identify ADL compensation/adaptation intervention strategies related to vision, perception, and cognition.
- Identify general ADL maintenance strategies.

INTRODUCTION

ADLs are defined by the American Occupational Therapy Association (AOTA) as “activities which are oriented toward caring for one’s own body (adapted from Rogers & Holm, 1994, pp. 181-202)—also called basic activities of daily living (BADL) or personal activities of daily living (PADL)” (AOTA, 2014, p. S19). This chapter will first discuss general aspects of all ADLs. These will include methods and frames of reference for intervention, safety, psychological issues, the role of