




## Activities of Daily Living (ADL) Tip Sheet

(Bathing, Dressing, Toileting, Grooming, Eating, Moving Around)

- 1) Encourage your loved one to participate in their own personal care (bathing, dressing, grooming, and toileting) as much as possible – support them to use the abilities they still have!
- 2) If your loved one uses a device to walk (cane, walker), make sure it is within reach and that they use it when walking both indoors and outdoors, as appropriate.
- 3) When assisting your loved one during a transfer (e.g. moving from bed to chair), make sure they are wearing shoes or slippers with a rubber sole and make sure their feet are flat on the ground before beginning the transfer.
- 4) If your loved one has difficulty transferring from a toilet, consider getting a raised toilet seat or Versaframe (arm rests) for your toilet. 
- 5) Ensure that any damp skin is cleaned and properly dried after a person has gone to the bathroom. If not dried properly, damp skin can speed up the development of pressure injuries or bedsores.
- 6) If your loved one has difficulty getting in and out of the bathtub consider having an Occupational Therapist (OT) perform a home assessment. An OT can recommend placement of grab bars or other specialized equipment that may help. 
- 7) Use energy conservation principles to reduce energy needed during tasks: Prioritize activities – what must be done today and what can wait, Plan activities – to avoid extra trips, Pace activities – avoid rushing, maintain a slow and steady pace, Position – position your loved one in a seated position for activities when possible (sitting uses 25% less energy).
- 8) Maintain good oral hygiene, as oral health is important to overall health. Ensure your loved one's teeth or dentures are brushed twice a day.
- 9) Make sure your loved one is alert and sitting upright when eating and drinking to reduce the risk of choking. After a meal, position them to remain comfortably upright for at least one hour. 
- 10) If your loved one has difficulty swallowing (dysphagia) be sure to provide food options that are part of the recommended diet, such as pureed foods, minced foods or thickened liquids.