

Activities of Daily Living (ADLs)

- ***Ambulating: To move about freely and safely***
- ***Feeding: To feed oneself***
- ***Dressing: To assemble an outfit and put on clothes properly***
- ***Personal Hygiene: To manage aspects of personal hygiene, such as bathing, grooming, and brushing teeth***
- ***Continence: To control both bladder and bowel movements***
- ***Toileting: To get to and from restroom, use the restroom properly, and clean self properly***