

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