

ADL Estimation Guide

Task	Dependency Defined As	Check if Yes
Dressing	Need some help to put on, doesn't dress or someone dresses them totally.	<input type="checkbox"/>
Grooming	Needs daily help or is groomed by someone.	<input type="checkbox"/>
Bathing	Needs help washing and drying; or is done (Getting in and out or supervision not included)	<input type="checkbox"/>
Eating	Need help cutting, buttering, feeding, not choking is fed by hand, tube or IV	<input type="checkbox"/>
Bed Mobility	Always needs help to sit up, turn or change positions.	<input type="checkbox"/>
Transferring (Bed or Chair)	Needs one or two to help (not just guide), never gets up, or uses mechanical aid	<input type="checkbox"/>
Walking (Level ground/ Short distances)	Needs help from one or two people or doesn't walk at all (canes, walkers...not dependencies)	<input type="checkbox"/>
Toileting	Needs some help getting to and on toilet, Has accidents sometimes or regularly (beyond dribbling)	<input type="checkbox"/>

Total Number of Checks _____

Behavior Needs redirection regularly due to disorientation, wandering, withdrawal, is verbally abusive, sexually aggressive, physically abusive to self/others, resists direction.

Special Nursing Call for clarification

0-3 ADL A if no behaviors, B if behaviors, C if Special Nursing
 4-6 ADL D if no behaviors, E if behaviors, F if Special Nursing
 7-8 ADL G if no behaviors and eats alone or with cutting help
 H if behaviors and eats alone or with cutting help
 I if needs to be fed, chokes, tube or IV fed or
 J if also has behaviors and severe neuro
 K if 7-8 ADL and Special Nursing