

## Activities of Daily Living (ADLs)

Activities of Daily Living (ADLs) are key life tasks that need to be managed daily in order for a person to live at home and be fully independent.

ADLs can be broken down into the following categories:

**Personal Hygiene** - The ability to do their own grooming, brushing teeth, cleaning dentures, nail and hair care.

**Bathing** - The mental and physical ability to wash one's face in a sink and body in the bath or shower.

**Continence Management** - A person's mental and physical ability to properly use the bathroom including getting to the toilet, cleaning oneself, and getting back up.

**Dressing** - The mental and physical ability to select and dress in the proper clothes for different occasions and appropriately for the current weather.

**Feeding** - The ability to feed oneself, though not necessarily the capability to prepare their own food.

**Transferring/Mobility** - The extent of a person's ability to move from a seated to standing position as well as get in and out of bed.

**Walking/Ambulating** - The ability to walk or otherwise get around the home or outside. The technical term for this is "ambulating."

### About Unique HomeCare Services

We provide short-term and long-term in-home care for elders, those with Alzheimer's and dementia, or recovering from illness, injury, or surgery from as little as one 4 hour day a week to 24 Hour Care and Live-In Care.

Unique HomeCare Services offers a full range of in-home personal care services including Bathing, Personal Hygiene and Grooming, Dressing Assistance, Toileting and Incontinence, Feeding, and Medication Reminders.

We also provide support services such as Case Management, Accompaniment to Appointments, Nutrition and Meal Management, Light Housekeeping and Laundry Services, Bed and Wheel Chair Transfers, and Shopping and Running Errands.