

ADL Coding Cheat Sheet

ADL Scoring System: Independent (No Assistance): 0 Points, Supervision (Verbal Cues): 1 Point, Limited Assistance (Physical Help 50%): 3 Points, Total Dependence (Full Staff Assistance): 4 Points

1. PERSONAL HYGIENE - BATHING/SHOWERING

1. Personal Hygiene - Bathing/Showering

- ☐ 0 - Independent (No Assistance)
- ☐ 1 - Supervision (Verbal Cues)
- ☐ 2 - Limited Assistance (Physical Help
- ☐ 3 - Extensive Assistance (Physical Help >50%)
- ☐ 4 - Total Dependence (Full Staff Assistance)

1. PERSONAL HYGIENE - ORAL CARE

1. Personal Hygiene - Oral Care

- ☐ 0 - Independent (No Assistance)
- ☐ 1 - Supervision (Verbal Cues)
- ☐ 2 - Limited Assistance (Physical Help
- ☐ 3 - Extensive Assistance (Physical Help >50%)
- ☐ 4 - Total Dependence (Full Staff Assistance)

1. PERSONAL HYGIENE - GROOMING

1. Personal Hygiene - Grooming

- ☐ 0 - Independent (No Assistance)
- ☐ 1 - Supervision (Verbal Cues)
- ☐ 2 - Limited Assistance (Physical Help
- ☐ 3 - Extensive Assistance (Physical Help >50%)
- ☐ 4 - Total Dependence (Full Staff Assistance)

2. DRESSING - CHOICE OF CLOTHES

2. Dressing - Choice of Clothes

- ☐ 0 - Independent (No Assistance)
- ☐ 1 - Supervision (Verbal Cues)
- ☐ 2 - Limited Assistance (Physical Help
- ☐ 3 - Extensive Assistance (Physical Help >50%)
- ☐ 4 - Total Dependence (Full Staff Assistance)

2. DRESSING - PUTTING ON/TAKING OFF

2. Dressing - Putting On/Taking Off

- ☐ 0 - Independent (No Assistance)
- ☐ 1 - Supervision (Verbal Cues)
- ☐ 2 - Limited Assistance (Physical Help
- ☐ 3 - Extensive Assistance (Physical Help >50%)
- ☐ 4 - Total Dependence (Full Staff Assistance)

3. EATING - SELF-FEEDING

3. Eating - Self-Feeding

- ☐ 0 - Independent (No Assistance)
- ☐ 1 - Supervision (Verbal Cues)
- ☐ 2 - Limited Assistance (Physical Help)
- ☐ 3 - Extensive Assistance (Physical Help >50%)
- ☐ 4 - Total Dependence (Full Staff Assistance)

3. EATING - USE OF UTENSILS

3. Eating - Use of Utensils

- ☐ 0 - Independent (No Assistance)
- ☐ 1 - Supervision (Verbal Cues)
- ☐ 2 - Limited Assistance (Physical Help)
- ☐ 3 - Extensive Assistance (Physical Help >50%)
- ☐ 4 - Total Dependence (Full Staff Assistance)

4. AMBULATING - WALKING

4. Ambulating - Walking

- ☐ 0 - Independent (No Assistance)
- ☐ 1 - Supervision (Verbal Cues)
- ☐ 2 - Limited Assistance (Physical Help)
- ☐ 3 - Extensive Assistance (Physical Help >50%)
- ☐ 4 - Total Dependence (Full Staff Assistance)

4. AMBULATING - USE OF ASSISTIVE DEVICES

4. Ambulating - Use of Assistive Devices

- ☐ 0 - Independent (No Assistance)
- ☐ 1 - Supervision (Verbal Cues)
- ☐ 2 - Limited Assistance (Physical Help)
- ☐ 3 - Extensive Assistance (Physical Help >50%)
- ☐ 4 - Total Dependence (Full Staff Assistance)

5. TRANSFERRING - BED TO CHAIR

5. Transferring - Bed to Chair

- ☐ 0 - Independent (No Assistance)
- ☐ 1 - Supervision (Verbal Cues)
- ☐ 2 - Limited Assistance (Physical Help)
- ☐ 3 - Extensive Assistance (Physical Help >50%)
- ☐ 4 - Total Dependence (Full Staff Assistance)

5. TRANSFERRING - GETTING IN AND OUT OF VEHICLE

5. Transferring - Getting In and Out of Vehicle

- ☐ 0 - Independent (No Assistance)
- ☐ 1 - Supervision (Verbal Cues)
- ☐ 2 - Limited Assistance (Physical Help)
- ☐ 3 - Extensive Assistance (Physical Help >50%)
- ☐ 4 - Total Dependence (Full Staff Assistance)

6. TOILETING - USE OF TOILET

6. Toileting - Use of Toilet

- ☐ 0 - Independent (No Assistance)
- ☐ 1 - Supervision (Verbal Cues)
- ☐ 2 - Limited Assistance (Physical Help)
- ☐ 3 - Extensive Assistance (Physical Help >50%)
- ☐ 4 - Total Dependence (Full Staff Assistance)

6. TOILETING - MANAGING CLOTHING

6. Toileting - Managing Clothing

- ☐ 0 - Independent (No Assistance)
- ☐ 1 - Supervision (Verbal Cues)
- ☐ 2 - Limited Assistance (Physical Help)
- ☐ 3 - Extensive Assistance (Physical Help >50%)
- ☐ 4 - Total Dependence (Full Staff Assistance)

6. TOILETING - HYGIENE

6. Toileting - Hygiene

- ☐ 0 - Independent (No Assistance)
- ☐ 1 - Supervision (Verbal Cues)
- ☐ 2 - Limited Assistance (Physical Help)
- ☐ 3 - Extensive Assistance (Physical Help >50%)
- ☐ 4 - Total Dependence (Full Staff Assistance)

7. CONTINENCE - CONTROL OF BLADDER

7. Continence - Control of Bladder

- ☐ 0 - Independent (No Assistance)
- ☐ 1 - Supervision (Verbal Cues)
- ☐ 2 - Limited Assistance (Physical Help)
- ☐ 3 - Extensive Assistance (Physical Help >50%)
- ☐ 4 - Total Dependence (Full Staff Assistance)

7. CONTINENCE - CONTROL OF BOWEL

7. Continence - Control of Bowel

- ☐ 0 - Independent (No Assistance)
- ☐ 1 - Supervision (Verbal Cues)
- ☐ 2 - Limited Assistance (Physical Help)
- ☐ 3 - Extensive Assistance (Physical Help >50%)
- ☐ 4 - Total Dependence (Full Staff Assistance)

ADDITIONAL NOTES

Additional Notes