Activities of Daily Living

Basic ADLs

Basic ADLs (BADLs)\(^1\) consist of self-care tasks, including

- **Bathing** and **showering** (washing the body)
- Bowel and bladder management (recognizing the need to relieve oneself)
- **Dressing**
- Eating (including chewing and swallowing)
- Feeding (setting up food and bringing it to the mouth)
- Functional mobility (moving from one place to another while performing activities)
- Personal device care
- **Personal hygiene** and **grooming** (including **washing hair**)
- **Sexual activity**
- Toilet hygiene (completing the act of **relieving oneself**)

Instrumental ADLs

Instrumental activities of daily living (IADLs) are not necessary for fundamental functioning, but they let an individual live independently in a community.\(^2\)

- **Housework**
- Taking medications as prescribed
- Managing money
- **Shopping** for groceries or clothing
- Use of telephone or other form of communication
- Using technology (as applicable)
- Transportation within the community

---
