



Handy Handouts®

Free, educational handouts for teachers and parents*

Number 298



Activities of Daily Living (ADLs)

by Amber Hodgson, M.A., CCC-SLP and Julie A. Daymut, M.A., CCC-SLP

Activities of daily living (ADLs) are everyday activities and functions that we do in order to lead independent, healthy lives. Other terms for ADLs are “self-care skills” or “life skills.” Basic ADLs include getting dressed, brushing teeth, making the bed, using the toilet, bathing, and eating. More complex ADLs include doing housework, making meals, shopping, driving, taking medication, planning social time, managing time, and managing money. Some individuals struggle with performing ADLs. Reasons they may find these skills challenging or difficult include deficits with language, attention, or sequencing skills, or there may be issues with their behavioral needs, levels of motivation, or sensory systems.



Occupational Therapy for ADLs

Occupational therapists (OTs) are licensed and trained professionals who can assist individuals with gaining or improving their ADLs. The goal of occupational therapy is to help improve the connection or coordination between a person’s brain and body. To help children or adults with ADLs, OTs use different strategies to help them practice the skills that will help enhance their daily lives and overall functioning. These therapy methods for day-to-day tasks include rehearsal (or practice) of skills, adaptive equipment (tools like button hooks or Velcro®), and compensatory (or helping/coping) strategies. OTs ensure that the individuals are able to accomplish ADLs in a safe manner in different settings within the home, school, and community.

For more Handy Handouts®, go to www.handyhandouts.com.

Helpful Products

The list of Super Duper® products below may be helpful when working with children who have special needs. Visit www.superduperinc.com and type in the item name or number in our search engine. Click the links below to see the product description.

Functional Sequencing Activity Sheets for Daily Living Skills
[Item #BK-376](#)

Webber® Functional Communication Games
[Item #GB-146](#)

Webber® Functional Communication Photo Lotto at School
[Item #GB-360](#)

What Do You Say...What Do You Do...® At Home?
[Item #GB-242](#)

*Handy Handouts® are for classroom and personal use only. Any commercial use is strictly prohibited.