

# Activities of Daily Living Assessment

TD-5.6

Allegheny Health &amp; Rehabilitation Center

Name \_\_\_\_\_

Date: \_\_\_\_\_

**Circle any of the following activities that you are currently having difficulty with:**

**Self-Care & Personal Hygiene:**

bathing	drying hair	brushing teeth	putting on shoes	preparing meals	taking out trash
showering	combing hair	making the bed	tying shoes	washing hair	doing laundry
eating	washing face	putting on shirt	putting on pants	cleaning dishes	using toilet
sweeping	computer work	ironing	gardening	mowing yard	using vacuum
yard work	wash car	wax car	child care	load dishwasher	shovel snow

**Physical Activities:**

standing	walking	kneeling	bending back	twisting left	leaning back
sitting	stooping	reaching	bending left	twisting right	leaning left
reclining	squatting	bending forward	bending right	leaning forward	leaning right
standing for long periods	sitting for long periods	walking for long periods	kneeling for long periods		

**Functional Activities:**

carrying small objects	lifting weight off floor	pushing things while seated	exercising upper body
carrying large objects	lifting weight off table	pushing things while standing	exercising lower body
carrying brief case	climbing stairs	pulling things while seated	exercising arms
carrying purse	climbing inclines	pulling things while standing	exercising legs

**Social & Recreational Activities:**

bowling	jogging	swimming	ice skating	competitive sports	dating
golfing	dancing	skiing	roller skating	hobbies	dining out

other (be specific and list all): \_\_\_\_\_

**Difficulties with Traveling:**

driving a motor vehicle	riding as a passenger in a motor vehicle	riding as a passenger on a train
driving for long periods	riding as a passenger on an airplane	riding as a passenger for long periods

**Communication:**

concentrating	hearing	listening	speaking	reading	writing	using a keyboard/ mouse
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**Senses:**

seeing	hearing	sense of touch	sense of taste	sense of smell
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**Hand Functions:**

grasping	holding	pinching	percussive movements	sensory discrimination
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**Sleep:**

being able to have a normal, restful nights sleep

**Sexual activities:**

being able to enjoy sexual activities.