

# ADL Coding Cheat Sheet

## ADL Scoring System

Independent (No Assistance): 0 Points

Supervision (Verbal Cues): 1 Point

Limited Assistance (Physical Help <50%): 2 Points

Extensive Assistance (Physical Help >50%): 3 Points

Total Dependence (Full Staff Assistance): 4 Points

## 1. Personal Hygiene

Bathing/Showering

Oral Care

Grooming

## 2. Dressing

Choice of Clothes

Putting On/Taking Off:

## 3. Eating

Self-Feeding

Use of Utensils

## 4. Ambulating

Walking

Use of Assistive Devices

## 5. Transferring

Bed to Chair

Getting In and Out of Vehicle

## **6. Toileting**

Use of Toilet

Managing Clothing

Hygiene

## **7. Continence**

Control of Bladder

Control of Bowel

## **Additional Notes**

None.