

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