



Activities of Daily Living

Activities of Daily Living, also referred to as ADLs, are the life tasks that people need to perform to live safely at home and maintain independence. How someone handles any or all of these basic self-care skills helps determine what level of care or support they might need.

If you or a loved one finds that they are struggling with basic tasks, The Legacy at North Augusta can help with assisted living.

- 1. Personal hygiene:** This includes activities such as bathing, grooming (brushing hair, shaving, etc.) and oral care (brushing teeth, denture care). Maintaining personal hygiene is crucial for physical health, well-being, and self-confidence.
- 2. Dressing:** Dressing involves selecting appropriate clothing, putting it on and fastening buttons or zippers. This activity requires coordination, fine motor skills and sometimes assistance to accommodate mobility limitations.
- 3. Eating:** This includes the ability to prepare meals, handle utensils, bring food to the mouth and chew and swallow safely. Difficulties with eating may arise due to physical limitations, cognitive impairments or swallowing disorders.
- 4. Mobility and transfers:** Mobility refers to the ability to move around independently, including walking, standing up from a seated position and transferring to and from a bed, chair or wheelchair. Maintaining mobility is essential for independence and preventing functional decline.

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5. Medication management: This includes activities related to medication administration, such as reading labels, opening containers, organizing pills in a medication planner and taking medications as prescribed. Proper medication management is vital to maintaining health and managing chronic conditions.

6. Cognitive functioning: This encompasses activities that require cognitive abilities, such as decision-making, problem-solving, memory, attention and communication. Engaging in cognitive stimulation activities, social interactions and memory exercises can help preserve cognitive function.

7. Household tasks: These tasks involve managing the home environment, including cleaning, laundry, managing finances, shopping for groceries and preparing meals. Adjustments may be necessary to accommodate physical limitations or utilize assistive devices.

8. Communication and socialization: Maintaining social connections, engaging in conversations, and using communication devices effectively are vital for emotional well-being and overall quality of life. Activities such as phone calls, video chats and participating in group activities promote social interaction.

7. Transportation and community mobility: This includes the ability to travel independently or arrange transportation for various activities, such as medical appointments, grocery shopping and social outings. Older adults may need assistance or accessible transportation options to maintain their mobility and engagement in the community.



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