

Occupational Therapy

Activities of Daily Living (ADLs) - Being Independent

Aniesa Blore



I can...

	Yes	With help	No		Yes	With help	No
Dress myself				Use a spoon			
Undress myself				Use a knife and fork			
Clean my teeth				Chew my food			
Brush my hair				Put my coat on			
Wash myself				Put socks and shoes on			
Dry myself				Get onto a chair			
Use the toilet				Walk up the stairs			
Wipe myself							

I can...

	Yes	With help	No		Yes	With help	No
Cut my nails				Wash my clothes			
Wash my hair				Vacuum my room			
Dry and style my hair				Make a snack			
Pack my book bag				Go to the shops			
Have a shower				Manage money			
Put on lotion				Keep track of time			
Put on deodorant				Do my homework			
Make my bed				Chat with friends			