

Performing Activities of Daily Livings (ADLs) is a standard way to measure the extent of personal disability. The 6 ADLs are:



Transferring

The ability to move from a bed to an upright chair or wheelchair and vice versa



Mobility

The ability to move indoors from room to room on level surfaces



Toileting

The ability to use the lavatory or otherwise manage bowel and bladder functions so as to maintain a satisfactory level of personal hygiene



Dressing

The ability to put on, take off, secure and unfasten all garments and as appropriate, any braces, artificial limbs or other surgical appliances



Washing

The ability to wash in the bath or shower (including getting into and out of the bath or shower) or wash satisfactory by any other means



Feeding

The ability to feed oneself once food has been prepared and made available