

Occupational Therapy – Adult Learning Disability Service

Supporting Activities of Daily Living

Activities of Daily Living (ADL's) are the tasks that people need to do every day to keep themselves healthy, safe, clean and feeling good. These include:

- Washing/ Grooming/ Personal Care
- Dressing
- Housework
- Money Management
- Shopping
- Preparing meals
- Communicating
- Medication Management

Strategies for promoting independence in activities of daily living (ADL):

1. **Good Communication** - Good communication involves identifying a person's level of understanding and sensory ability. When communicating with an individual with a learning disability try to use clear and concise language using short direct sentences at a slow rate.
2. **Active Support** - Think about how much support an individual will need for each activity. Support should be given in a way which promotes independence as much as possible. It's about doing 'with' and not doing 'for'. Your role is to enable the individual to do the activity as independently as possible.
3. **Visual Prompts** – Pictures can be useful to remind individuals to things such as: checking the dates on foodstuffs or locking the door at night. Pictures can also be placed on units in the kitchen or bathroom to remind individuals what items are behind each door.
4. **Keep a routine** – Structure and routine enables people to anticipate what is happening, provides a shape to the day and an organised framework for support.

5. **Adaptive Aids** – Small aids can be used to support an individual in their daily activities. These include aids such as grab rails, bath boards and adaptive cutlery. For more information on adaptive equipment suppliers, please visit the Resources section of our webpage.

To enable us to continually improve our service please contact our Occupational Therapy team if this guidance has been successful or if you are still experiencing difficulties, please contact our Occupational Therapy Adult Learning Disability Service on **01383 565223**.