

Activities of Daily Living

Role of Occupational therapist: Occupational therapists help individuals of all ages improve or maintain skills for day to day activities and well being, such as activities of daily living.

Activities of daily living (ADL): Activities oriented toward taking care of one's own body.

Why this is important: Participating in basic activities of daily living helps to promote good health and keeps individuals feeling good and confident in his/her social interactions.



Bathing:

- Try to shower every other day or at least 3 times per week.
- Wash your hair and body when you shower.
- When you are not able to shower, use a wash cloth to clean your body.



Toileting:

- The average person will urinate 6-7 times a day.
- Do not delay urinating because this can lead to kidney infections.
- Use the restroom every 2 hours.
- Speak with your doctor if you experience a change with your bowel or bladder function, or experience incontinence.



Dressing:

- Wearing clean clothes helps to prevent the build up of dirt and germs which can cause illness.
- Wear a clean pair of clothing daily, include fresh socks.



Eating:

- Include a variety of fruits, vegetables, grains and proteins in your daily diet.
- Limit sugar and foods high in fat.
- Stay hydrated, drink at least 6-8 glasses of water a day.



Oral Hygiene

- Brush your teeth at least 2 times per day.
- Floss daily.
- Replace your toothbrush every 3-4 months.
- Schedule regular dental checkups.



Sexual Activity

- Engage in healthy relationships.
- Practice safer sex, such as discussing your partners history of sexually transmissible infections and drug use, use condoms.
- If you are sexually active, get tested regularly for sexually transmissible infections.