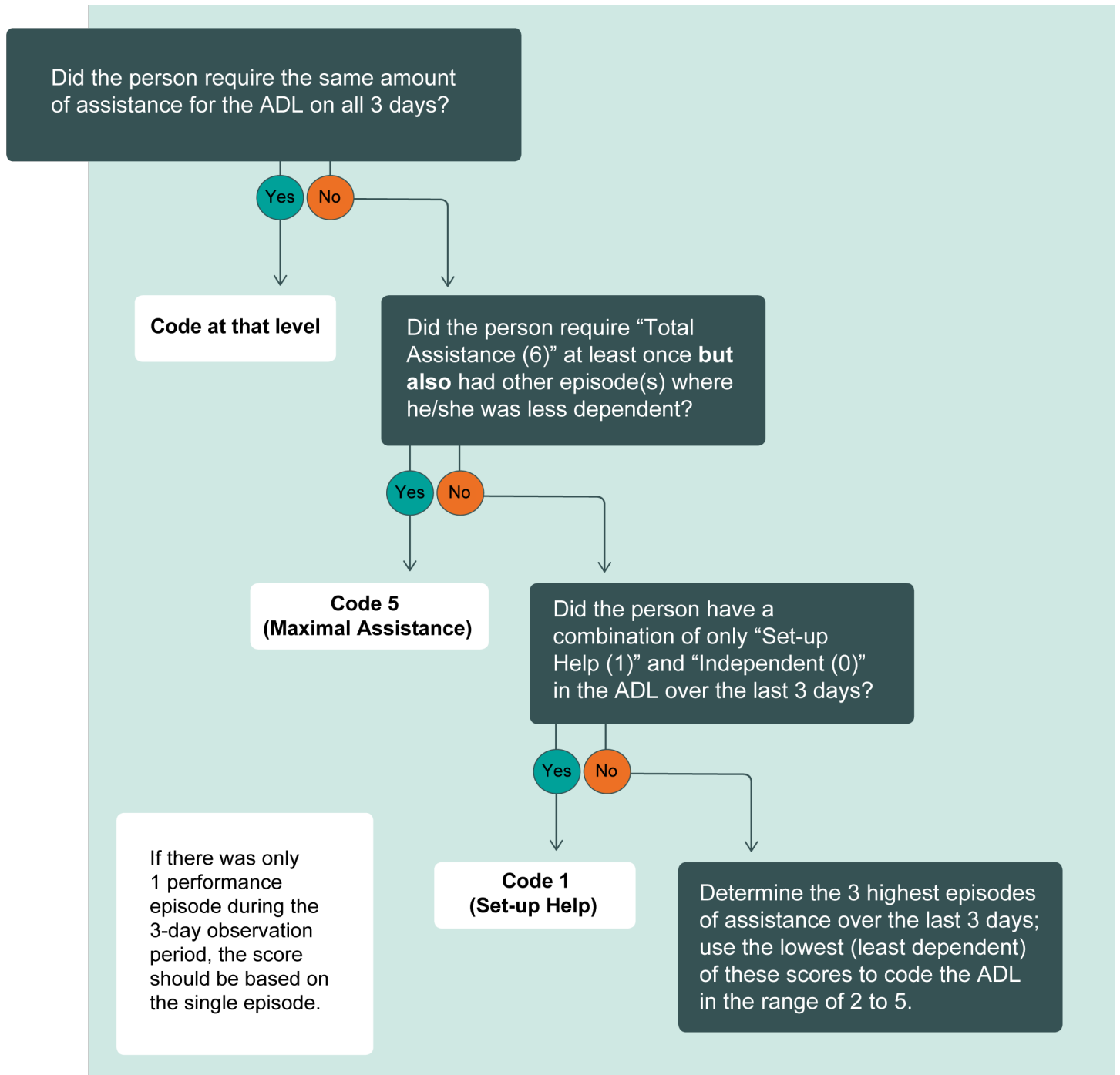




# interRAI LTCF — Activities of Daily Living (G1)



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## ADL subtasks

These examples of subtasks may be helpful when assessing how the client performs each activity of daily living (G1).

**Note: This is not a comprehensive list.**

Bathing (G1a)	Dressing (G1c–d)	Transfer toilet (G1g)	Toilet use (G1h)	Eating (G1j)
<ul style="list-style-type: none"> <li>• Turns on/off water</li> <li>• Adjusts temperature</li> <li>• Lathers body</li> <li>• Rinses body</li> <li>• Dries with towel</li> <li>• Transfers in/out of tub</li> </ul> <p><i>Exclude back and hair</i></p>	<ul style="list-style-type: none"> <li>• Locates</li> <li>• Selects</li> <li>• Obtains</li> <li>• Grasps</li> <li>• Puts on</li> <li>• Removes</li> <li>• Snaps</li> <li>• Zips</li> </ul>	<ul style="list-style-type: none"> <li>• Stands</li> <li>• Sits</li> <li>• Lifts</li> <li>• Turns</li> </ul>	<p>Use of toilet, commode, urinal; management of ostomy and catheter</p> <ul style="list-style-type: none"> <li>• Removes clothes</li> <li>• Opens clothes</li> <li>• Adjusts clothes</li> <li>• Cleans self</li> <li>• Tears paper</li> <li>• Uses paper</li> </ul>	<ul style="list-style-type: none"> <li>• Opens</li> <li>• Pours</li> <li>• Unwraps</li> <li>• Cuts</li> <li>• Scoops</li> <li>• Spears</li> <li>• Uses utensils</li> <li>• Uses fingers when necessary</li> <li>• Prepares tube feed</li> <li>• Prepares TPN</li> </ul>

### Source

*Resident Assessment Instrument (RAI) MDS 2.0 and RAPs, Canadian Version, User's Manual, Second Edition, March 2005: 6–18.*

## Examples of Set-up Help

### Personal hygiene

Providing the person with a washbasin or grooming article

### Toilet use

Handing the person a bedpan or placing articles to change ostomy appliance within reach

### Walking

Handing the person a walker or cane

### Eating

Cutting meat, opening containers, carrying a tray to the table or giving 1 food category at a time