



A Benchmark of Health and Safety: Independence in ADL

Activities of Daily Living (ADL) is a descriptive term commonly used in health care as a measure of health, wellness and safety. ADL describes activities people do in life. Daily life activities includes self care, care of other people and things, play, leisure, work, education and social participation.

The most basic ADL, also known as BADL, are vital daily life tasks that are done to protect and care for one's body. These are activities necessary for survival. They have to be done every day. BADL include:

- ✓ Bowel and bladder control and management
- ✓ Dressing
- ✓ Eating
- ✓ Feeding
- ✓ Movement (moving or transferring from one place to another)
- ✓ Personal hygiene
- ✓ Grooming
- ✓ Sleeping

The ability to independently do all basic activities of daily living (BADL) is a bench mark indicator of health and safety. In health care, the loss of independence in the ability to personally perform BADL is a predictor of:

- ✓ nursing home admission
- ✓ use of physician services
- ✓ use of hospital services
- ✓ mortality

Maintaining independence in self care is essential for health and safety.