

Standards for Success

Fact Sheet



Activities of Daily Living

This document provides a comparison of activities of daily living and related support services for Participants who demonstrate a need for assistance with completing one or more activities.

Activities

Activities of Daily Living (ADLs)

ADLs are basic self-care tasks of every-day life

- Eating
- Bathing
- Grooming
- Dressing
- Transferring

Instrumental Activities of Daily Living (IADLs)

IADLs are the complex skills needed to successfully live independently

- Handling personal finances
- Meal preparation
- Shopping
- Traveling
- Doing housework
- Using the telephone
- Taking or managing medications

Demonstrated need for assistance with completing activity

Support Services

Adult Personal Assistance Service Code

Participant receives adult day services at a non-residential facility to assist the Participant in completing ADLs and IADLs

 Adult day services is a nonresidential facility that supports the health, nutritional, social support, and daily living needs of adults in professionally staffed group setting

Independent Living Service Code

Participant receives services that enable the Participant to remain in the Participant's own home

- Keeping, managing, and maintaining all aspects of the Participant's home other than homemaking
 - Cleaning the home or laundry, shopping, and cooking
 - Budgeting, paying bills, reading mail, and organizing personal records