

Activities of Daily Living: A Tool for Identifying Functional Component Movements and Hierarchy Goals

– Circle 2 or more that are significant to you:

- Dressing
- Brushing hair/teeth
- Putting shoes on/off
- Opening packages
- Taking laundry in/out of washer/dryer
- Folding clothes
- Putting away clothes
- Walking to get the mail
- Taking things in/out of the refrigerator
- Putting things in/out of dishwasher
- Stirring
- Cleaning surfaces
- Carrying groceries/boxes/purse
- Taking things in/out of drawers
- Walking straight
- Walking while carrying objects
- Conversation
- Sitting and talking
- Standing and talking
- Moving in bed
- Moving in and out of bed
- Getting in and out of car
- Writing a grocery list
- Writing a check
- Changing money
- Buttoning
- Using cell phone
- Fishing keys out of pockets or purse
- Using keys to lock and unlock
- Going to church
- Going to a restaurant
- Playing with pets
- Walking pets
- Feeding pets
- Picking up children/grandchildren
- Playing with children/grandchildren