Activities of daily living (ADL) training aims to promote recovery, increase independence in performing ADLs and achieve patient goals using purposeful activities. The activities are practiced and may require assistance from others and/or assistive devices. The performance of these activities is the overall goal and the intervention.

Training techniques include:
- modified tasks
- one arm techniques
- modified use of affected upper limb (i.e. affected arm acting as a ‘stabiliser’)
- assistive aids/equipment
- hands on assistance from a carer
- verbal/visual prompting.

Evidence highlights that patients who receive occupational therapy interventions are less likely to deteriorate and are more likely to be independent in their ability to perform personal ADLs and instrumental ADLs.

2017 NATIONAL STROKE FOUNDATION GUIDELINES
11 ACTIVITIES OF DAILY LIVING

**STRONG RECOMMENDATION:**

Community-dwelling stroke survivors who have difficulties performing daily activities should be assessed by a trained clinician. (Legg et al. 2006)

Community-dwelling stroke survivors with confirmed difficulties in personal or extended ADL should have specific therapy from a trained clinician (e.g. task-specific practice and training in the use of appropriate aids) to address these issues. (Legg et al. 2006).

**IS THIS SUITABLE FOR THE CLIENT?**

**TARGET IMPAIRMENT**

- Motor and sensory impairments
- Cognitive impairments
- Visual and perceptual impairments.

**STAGE OF RECOVERY**

ADL retraining in the home setting has the strongest evidence, while ADL training in the acute phase of stroke has limited evidence. The stroke guidelines recommend early OT involvement within the acute setting with the aim to replicate the home environment as closely as possible.

**SEVERITY OF IMPAIRMENT**

Mild through to moderate impairments.

**WHAT DO I NEED?**

- Carer assistance may be required to set up the activities and provide hands on assistance or prompting to complete the task.
- Assistive/adaptive equipment may be required depending on the activity and the patient’s level of function.
- Items required for the activity that is being practiced. i.e. dressing retraining – patients will need appropriate clothes to use.

**ADDITIONAL RESOURCES**

- The Independent Living Centres - Australia have an online catalogue of various adaptive aids and equipment that may assist with ADL. Independence http://ilcaustralia.org.au/