

# ACTIVITIES OF DAILY LIVING

## TOP TIPS

Activities of Daily Living (ADL) are the tasks that we need to do every day. These activities are important to keep us safe, healthy, clean and feeling good. Here are just a few examples of ADL tasks:

- ❖ Washing/Grooming
- ❖ Meal preparation
- ❖ Taking necessary medication
- ❖ Shopping
- ❖ Looking after your home, garden and pets
- ❖ Attending appointments

### Here are some TOP TIPS for Activities of Daily Living

- Keep a calendar: A calendar or wall planner is a great way to remember what tasks need to be done that day/week.
- Keep a routine: Doing the same tasks at the same time each day will help you plan your day and not forget to do things that are important! Routines help you to get better and quicker at doing some tasks which can be quite boring.
- Visual prompts: pictures can be useful to remind us to do some of the things we often forget such as: checking the dates on foodstuffs or locking the door at night.
- Plan ahead: planning and saving for shopping or events can help to stop you overspending.
- Privacy: remember not to let strangers know your personal information. If you are on a bus or in a public place when someone calls you on your mobile phone to discuss something private, try to find somewhere quiet to talk to them or ask them to call you back a little later.
- 'Be kind to yourself': try to make time during your day to do something nice for yourself. This can be a simple thing such as relaxing to your favourite music, getting some fresh air, chatting to a friend or giving yourself a compliment.
- Sleep: try to always go to bed at around the same time to get a good sleep. This can help us wake up feeling ready to take on the events of the day as well as looking good! It helps to keep mobile phones on silent!

