Understanding the TSGLI Loss of Activities of Daily Living Standards

Methods that Allow You to Perform ADL Independently

- If you can perform an ADL using either one of the following methods, instead of another person’s assistance, you are able to perform the ADL:
  - Adaptive Behavior
  - Accommodating Equipment
Adaptive Behavior

- Adaptive behavior means compensating skills that allow you to perform an ADL without physical, stand-by, or verbal assistance.
- The behavior can be self-taught or taught by medical professionals.
- Once you use the adaptive behavior to perform an ADL, you are able to perform the ADL independently.

Adaptive Behavior Examples

<table>
<thead>
<tr>
<th>Adaptive Behavior</th>
<th>Independent When...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rolling transfer from bed to wheelchair</td>
<td>Can perform rolling transfer from bed to chair without assistance</td>
</tr>
<tr>
<td>Sticky note/Recorded reminders</td>
<td>Can remember to perform ADL when see notes or listen to reminders</td>
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<tr>
<td>Use existing objects as stabilizers</td>
<td>Can transfer from chair to walker without assistance by using furniture, walls, etc. to stabilize weight/balance</td>
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<tr>
<td>Use other limbs to perform ADL</td>
<td>Can use uninjured limbs to perform ADL without assistance</td>
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</tbody>
</table>
Accommodating Equipment

- Accommodating equipment means tools or supplies that allow you to perform an ADL without physical, stand-by, or verbal assistance.
- Once you can use the accommodating equipment to perform an ADL without physical, stand-by, or verbal assistance, you are able to perform the ADL independently.

Accommodating Equipment Examples

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Independent When...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wheelchair, Walker, Cane</td>
<td>Can self-propel without assistance</td>
</tr>
<tr>
<td>Velcro clothing, Slip-on shoes</td>
<td>Can put on modified clothes/shoes without assistance</td>
</tr>
<tr>
<td>Grabbers/Extenders</td>
<td>Can use grabbers/extenders to bathe, dress, toilet, and transfer without assistance</td>
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<tr>
<td>Toilet seat raiser</td>
<td>Can get on and off toilet without assistance</td>
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<tr>
<td>Shower &amp; tub bars or other modifications</td>
<td>Can get in and out of bath and wash self without assistance</td>
</tr>
<tr>
<td>Reminder Apps</td>
<td>Can perform ADL after reminded by app to do so</td>
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</tbody>
</table>
For more information on Activities of Daily Living and other TSGLI losses, see the TSGLI Procedures Guide at: