

# Chapter 16

## Activities of Daily Living

### INTRODUCTION

The Activities of Daily Living (ADLs) are a defined set of activities necessary for normal self-care. The activities are movement in bed, transfers, locomotion, dressing, personal hygiene, and feeding.

These six activities are defined as follows:

- ◆ “movement in bed” means sitting in, rising from, and moving around in, bed;
- ◆ “transfers” means moving from one seat to another, changing position from sitting to standing, and transferring to and from the toilet and bed;
- ◆ “locomotion” means walking on the level, on gentle slopes and down stairs;
- ◆ “dressing” means putting on socks, stockings, and shoes, as well as clothing the upper and lower trunk;
- ◆ “personal hygiene” means grooming, and washing of face, trunk, extremities and perineum;
- ◆ “feeding” means eating and drinking, but not the preparation of food.

“Effects on ADLs” is to be used to assess conditions for which criteria do not exist in the system specific tables of Chapters 1 to 12, or are inadequate, or for which the application of the tables in Chapter 14 (Malignant Conditions) or Chapter 15 (Intermittent Impairment) is inappropriate.

Table 16.3 (Other Impairment) covers such non-specific indicators of disease as pain, lethargy and prognosis.

This chapter is to be applied in the assessment of conditions that result in the veteran being bedfast, chairfast, housebound or nearly housebound. Such conditions include the effects of severe strokes, severe Parkinson’s disease, severe heart failure, severe respiratory disease, severe liver failure, severe kidney failure and some dementias.

ADLs may be used to rate a single condition if its effects are well-differentiated, or may be used to rate all conditions together if their effects are difficult to differentiate.

When ADLs are used to rate a single condition, an impairment rating or ratings from other chapters may be combined with a rating derived from Chapter 16 provided that the ratings relate to different conditions.

When ADLs are used to rate all conditions together, no ratings from other chapters are to be combined with the rating from Chapter 16.

### **Calculation of the impairment rating for an accepted condition using ADLs**

Follow the steps below to calculate the impairment rating due to an accepted condition using the ADLs.

(Each step is elaborated in the following pages.)

<b>STEP 1</b>	For each of the six ADLs obtain a grading code for that activity.	Page 221
<b>STEP 2</b>	Add up the grading codes for each of the six ADLs.	Page 221
<b>STEP 3</b>	Using the sum obtained in Step 2, determine a functional impairment rating by applying Table 16.2.	Page 222
<b>STEP 4</b>	Determine an Other Impairment rating for the condition by applying Table 16.3.	Page 223
<b>STEP 5</b>	Compare the ratings obtained in Steps 3 and 4. Take the higher rating.	Page 223

**Step 1: For each of the 6 ADLs, obtain a grading code for that activity using Table 16.1.**

From Table 16.1 obtain a separate grading code for:

- ◆ movement in bed;
- ◆ transfers;
- ◆ locomotion;
- ◆ dressing;
- ◆ personal hygiene; and
- ◆ feeding.

<b>SCALE 16.1</b>		
<b>ACTIVITIES OF DAILY LIVING GRADING CODES</b>		
<b>Code</b>	<b>Description</b>	
NIL	Independent, and can perform the task as well as peers do, or with minor difficulty only.	
ONE	Can complete the task independently, but with considerably more difficulty than peers have.	
FOUR	Requires some degree of personal assistance in order to perform the task.	
SIX	Requires extensive assistance in order to perform the task.	
EIGHT	Unable to contribute towards performance of the task. Completely dependent.	

**No age adjustment permitted for this table**

**Step 2: Add up the grading codes for each of the 6 ADLs.**

Add up the 6 separate grading codes obtained from Table 16.1 for:

- ◆ movement in bed;
- ◆ transfers;
- ◆ locomotion;
- ◆ dressing;
- ◆ personal hygiene; and
- ◆ feeding.

**Step 3: Using the sum obtained in Step 2, determine a functional impairment rating by applying Table 16.2.**

Use the sum of the grading codes obtained in Step 2 to obtain an impairment rating from Table 16.2.

**Functional Loss  
Table 16.2**



**LOSS OF FUNCTION;  
ACTIVITIES OF DAILY LIVING**

<b>Impairment Ratings</b>	<b>Sum of Grading Codes</b>
NIL	0
FIVE	1–2
TEN	3–4
TWENTY	5–6
THIRTY	7–8
FORTY	9–11
FIFTY	12–14
SIXTY	15–17
SEVENTY	18+

**No age adjustment permitted for this table**

Apply Chapter 19 (Partially Contributing Impairment) to make any necessary adjustment for non-accepted conditions.

Apply Chapter 18 (Apportionment) to make any necessary adjustment for accepted conditions (or groups of conditions) other than the ones that are being assessed by the application of the ADLs tables.

**Step 4: Determine an Other Impairment rating for the condition by applying Table 16.3.**

**Other  
Impairment  
Table 16.3**



**ACTIVITIES OF DAILY LIVING:  
OTHER IMPAIRMENT**

**Impairment  
Ratings**

**Criteria**

NIL	<ul style="list-style-type: none"> <li>• No, or negligible, ie easily tolerated symptoms.</li> <li>• Evidence of disease, but minimal interference with daily tasks.</li> <li>• Feeling of good health most of the time.</li> <li>• Normal or almost normal life expectancy in spite of disorders.</li> </ul>
FIVE	<ul style="list-style-type: none"> <li>• Daily (or almost-daily) symptoms that are irritating and not easily tolerated, but which improve with medication.</li> <li>• Some daily tasks performed inefficiently because of generalised lethargy.</li> </ul>
TEN	<ul style="list-style-type: none"> <li>• Daily (or almost-daily) symptoms that are irritating and not easily tolerated. Treatment is not available, or is of little value, or gives only short remission.</li> <li>• Noticeable loss of energy, leading to loss of efficiency and avoidance of some tasks previously easily performed.</li> <li>• Decreased life expectancy. Five year survival less than 75% of normal.</li> </ul>
TWENTY	<ul style="list-style-type: none"> <li>• Intense daily (or almost daily) symptoms which are impossible to ignore, but that prevent few daily tasks. Decreased efficiency in most activities.</li> <li>• Marked loss of energy leads to avoidance of many daily tasks, most of which can be completed but rapidly cause fatigue.</li> <li>• Five year survival less than 50% of normal.</li> </ul>
THIRTY-FIVE	<ul style="list-style-type: none"> <li>• Five year survival less than 25% of normal.</li> </ul>

**No age adjustment  
permitted for  
this table**

**Step 5: Compare the ratings obtained in Steps 3 and 4. Take the higher rating.**

The higher of the impairment ratings obtained in Steps 3 and 4 is the final impairment rating for the accepted conditions under assessment, based on ADLs.