# Activities of Daily Living
## Goals for Occupational Therapy

| Patient ______________________ | Therapist ______________________ | Precautions _____________________ |

### Feeding
- **Total Assist**
- **Maximum Assist**
- **Moderate Assist**
- **Minimal Assist**
- **Set-up / Supervision**
- **Modified Independent**
- **Independent**

#### Equipment needed:
- **Universal Cuff**
- **Other _______________**

#### Discharge goal:
- **Position:**
  - In bed with head of bed elevated
  - Sitting in wheelchair
  - Sitting at edge of bed

### Grooming
- **Total Assist**
- **Maximum Assist**
- **Moderate Assist**
- **Minimal Assist**
- **Set-up / Supervision**
- **Modified Independent**
- **Independent**

#### Equipment needed:
- **Universal cuff**
- **Other _______________**

#### Discharge goal:
- **Position:**
  - Sitting in wheelchair at sink
  - Standing at sink

### Bathing
- **Total Assist**
- **Maximum Assist**
- **Moderate Assist**
- **Minimal Assist**
- **Set-up / Supervision**
- **Modified Independent**
- **Independent**

#### Equipment needed:
- **Long-handed sponge**
- **Other _______________**

#### Discharge goal:
- **Position:**
  - Standing in shower
  - Sitting in shower chair

### Upper Body Dressing
- **Total Assist**
- **Maximum Assist**
- **Moderate Assist**
- **Minimal Assist**
- **Set-up / Supervision**
- **Modified Independent**
- **Independent**

#### Equipment needed:

#### Discharge goal:
- **Position:**
  - In bed with head of bed elevated
  - Sitting in wheelchair
  - Sitting at edge of bed
  - Standing
<table>
<thead>
<tr>
<th>Lower Body Dressing</th>
<th>Total Assist</th>
<th>Maximum Assist</th>
<th>Moderate Assist</th>
<th>Minimal Assist</th>
<th>Set-up / Supervision</th>
<th>Modified Independent</th>
<th>Independent</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Equipment needed:</strong></td>
<td>Reacher</td>
<td>Dressing stick</td>
<td>Sock aide</td>
<td></td>
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<tr>
<td><strong>Discharge goal:</strong></td>
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</tr>
<tr>
<td><strong>Position:</strong></td>
<td>In bed with head of bed elevated</td>
<td>Sitting in wheelchair</td>
<td>Sitting at edge of bed</td>
<td>Standing</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Toileting</th>
<th>Total Assist</th>
<th>Maximum Assist</th>
<th>Moderate Assist</th>
<th>Minimal Assist</th>
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<td></td>
<td>Other ____________</td>
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<tr>
<td><strong>Discharge goals:</strong></td>
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</tr>
<tr>
<td><strong>Position:</strong></td>
<td>Raised toilet seat</td>
<td>Bed pan</td>
<td>Use grab bars for balance</td>
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</tr>
</tbody>
</table>

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