

# Occupational Therapy Activity Analysis Checklist: Skills Needed for ADLs

The image displays several overlapping checklists for different activities of daily living (ADLs). The checklists are as follows:

- SKILLS NEEDED FOR GROOMING:**
  - Bilateral postural
  - Fine motor
  - Storage
  - Unassisted
  - Dual task
  - Sequencing
  - Task initiation
  - Task termination
  - Dynamic function
  - Optimal support
- SKILLS NEEDED FOR BATHING:**
  - Adequate head of support
  - Coordination during wet
  - Unassisted sitting tolerance
  - Transition
  - Safety and prevention
  - Problem-solving
  - Good dynamic return time
  - Sensory in varying
- SKILLS NEEDED FOR FEEDING:**
  - Bilateral integration of BICEP while maintaining postural
  - Fine motor and trunk
  - Self-aware
  - Dual task
  - Sequencing
  - Task initiation
  - Task termination
  - Optional equipment
- SKILLS NEEDED FOR LOWER BODY DRESSING:**
  - Unsupported sitting tolerance
  - Dynamic sitting balance with trunk
  - Unsupported standing tolerance
  - Dynamic standing balance with trunk
  - Management of ambulation
  - Sequencing
  - Task initiation
  - Task termination
  - Fine motor
  - Fine motor
- SKILLS NEEDED FOR DRESSING/DRESSING SOCKS AND SHOES:**
  - Adequate range of motion
  - Sufficient and trunk
  - Fine motor
  - Fine motor
  - Sequencing
  - Task initiation
  - Task termination
  - Optional equipment
- SKILLS NEEDED FOR UPPER BODY DRESSING:**
  - Storage
  - Dynamic trunk
  - Sequencing
  - Awareness
  - Dual task
  - Fine motor
  - Fine motor
  - Optional equipment
- SKILLS NEEDED FOR TOILETING:**
  - Bilateral integration of BICEP while maintaining postural alignment
  - Cardiopulmonary efficiency and self-awareness during sustained activity
  - Unsupported sitting tolerance of at least 15 minutes
  - Dual tasking performance (cognitive and motor)
  - Unsupported standing tolerance for one handed support for at least 5 minutes
  - Dynamic sitting balance with trunk rotation
  - Dynamic standing balance with trunk rotation and
  - Transitional movements (at least 3)
  - Transitional movements (functional)
  - Dynamic

In the foreground, there is a cartoon illustration of a person with blue skin and yellow hair, wearing a yellow shirt, showering with a yellow showerhead. The person is holding the showerhead over their head, and water is spraying out.

# Activity Analysis Occupational Therapy Dressing

**Rosina Ehmann**



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