

TABLE 3-7
PROCESS SKILLS AND ADL EXAMPLES OF EACH

Process Skill Subcategories	Examples of ADL Compensation/Adaptation Interventions
<i>Energy</i>	
Paces	Provide client with a clock and chart with estimated amount of time required for each category of ADL tasks
Attends	Refer to Specific Mental Functions category
<i>Knowledge</i>	
Chooses	Offer two or more options and play out scenario of choices with client. For example, allow client to choose the red shirt or the white shirt to match the purple pants
Uses	Provide checklist of ADL items and brief description of what they are used for, such as a razor or step stool
Handles	Demonstrate to client use of tools or materials. Observe for carry-over at next session. For example, demonstrate how to hang pants neatly in closet
Heeds	Provide daily checklist to document each time ADL task is completed
Inquires	Provide written directions for ADL tasks. Request that client ask one or more questions regarding safety in ADLs/session
<i>Temporal Organization</i>	
Initiation	Use external cues during intervention such as a bell or alarm clock to begin washing/dressing, for example. Address strategies to develop internal initiation cues
Sequencing	Provide client with ADL board containing the written steps of bathing, dressing, etc
<i>Organizing Space and Objects</i>	
Searches/Locates	Provide external cuing such as labels or signs to assist with locating ADL objects or tools
Gathers	Provide checklist of items needed for bathing, dressing, or hygiene to assist client in gathering needed materials
Organizes	Provide client with daily reminders, lists, or calendars. Assist client in organizing closet, drawers, and shelves, as needed
Restores	Label shelves, drawers, and closets to assist in putting items away
Navigates	Use contrasting colors in physical contexts. Instruct client to use tactile cuing when navigating in bathroom and bedroom environments
<i>Adaptation</i>	
Notices/ Responds	Grade environmental, nonverbal, or perceptual cues in bathroom and bedroom, as appropriate
Accommodates/ Adjusts	Problem-solve alternative actions or scenarios with client. For example, client should attempt toileting skills in bathrooms with different layouts
Benefits	Assist client/family in problem-solving various ADL issues that may occur upon discharge home and plan for adaptations