

# Activities of Daily Living (ALD's) Measured by Medicaid

“How much help do you need with the following Activities of Daily Living”

**a. Bathe** – Bathing includes running the water, taking the bath or shower, and washing all parts of the body, including hair. Are deficits the result of mental impairment, physical limitations, or difficult access.

**b. Dress** – Dressing includes getting out of clothes, putting them on, taking them off and fastening/unfastening them; it also includes putting on shoes.

**c. Eat** – Eating includes eating, drinking from a cup, and cutting foods.

**d. Use Bathroom** – Using the toilet independently includes adjusting clothing, getting to and on the toilet, and cleaning oneself. If a person can manage an accident along, they are independent. If the person needs to be reminded to use the toilet, he/she needs coaching. What is the frequency of toileting accidents. Does the person have any control? Do accidents occur at certain times only?

**e. Transfer** – Transferring is getting in and out of bed or chair. Does the person actually demonstrate this ability or do they need a device to do so.

**f. Walking/Mobility** – Independence in walking refers to the ability to walk short distances at home, but it does not include the ability to climb stairs. Does the person actually demonstrate this ability or do they need a device or help to do so.