

# Understanding the TSGLI Loss of Activities of Daily Living Standards

## Methods that Allow You to Perform ADL Independently

- If you can perform an ADL using either one of the following methods, instead of another person's assistance, you are able to perform the ADL:
  - Adaptive Behavior
  - Accommodating Equipment

### Adaptive Behavior

- Adaptive behavior means compensating skills that allow you to perform an ADL without physical, stand-by, or verbal assistance.
- The behavior can be self-taught or taught by medical professionals.
- Once you use the adaptive behavior to perform an ADL, you are able to perform the ADL independently.

### Adaptive Behavior Examples

- For the adaptive behavior *rolling transfer from bed to chair*, you are considered independent when you *can perform rolling transfers from bed to chair without assistance*.
- For the adaptive behavior *sticky note/recorded reminders*, you are considered independent when you *can remember to perform ADL when you see notes or listen to the reminders*.
- For the adaptive behavior *use existing objects as stabilizers*, you are considered independent when you *can transfer from chair to walker without assistance by using furniture, walls, etc. to stabilize your weight/balance*.
- For the adaptive behavior *use other limbs to perform ADL*, you are considered independent when you *can use uninjured limbs to perform ADL without assistance*.

### Accommodating Equipment

- Accommodating equipment means tools or supplies that allow you to perform an ADL without physical, stand-by, or verbal assistance.
- Once you can use the accommodating equipment to perform an ADL without physical, stand-by, or verbal assistance, you are able to perform the ADL independently.

### Accommodating Equipment Examples

- For the accommodating equipment *wheelchair, walker, or cane*, you are considered independent when you *can self-propel without assistance*.
- For the accommodating equipment *Velcro clothing or slip-on shoes*, you are considered independent when you *can put on modified clothes/shoes without assistance*.
- For the accommodating equipment *grabbers or extenders*, you are considered independent when you *can use grabbers or extenders to bathe, dress, toilet, and transfer without assistance*.

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- For the accommodating equipment *toilet seat raiser*, you are considered independent when you *can get on and off toilet without assistance*.
- For the accommodating equipment *shower & tub bars or other modifications*, you are considered independent when you *can get in and out of bath and wash self without assistance*.
- For the accommodating equipment *reminder apps*, you are considered independent when you *can perform ADL after being reminded by the app to do so*.