

# Activities of Daily Living

Practical support • Emotional care • Empowering you to live life



Activities of daily living (ADLs) are incorporated into most peoples rehabilitation.

They are important for getting back into routine and establishing independence

Basic ADLs include eating, dressing, sitting and standing.

Instrumental ADLs are things like preparing meals, managing money and doing housework.

ADLs are important for work and play.





- Carrying shopping bags
- Doing housework
- Walking the dog
- Digging the garden
- Getting off the bus a stop earlier

Sedentary Behaviour increases risk of many health conditions

Being active reduces the risk of many health conditions.

ADLs can be fun, and you will be clocking up the recommended 150minutes/week of moderate intensity movement

Need support or more information?

We are here to help you move safely, confidently, and at a level that feels right for you.

📞 Call: 07746 462456

✉ Email: [icanlivelife1@gmail.com](mailto:icanlivelife1@gmail.com)

📱 Social: @icanlivelife



**You are not alone. Support is available.**