

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

Adaptive Behavior	Independent When...
Rolling transfer from bed to wheelchair	Can perform rolling transfer from bed to chair without assistance
Sticky note/Recorded reminders	Can remember to perform ADL when see notes or listen to reminders
Use existing objects as stabilizers	Can transfer from chair to walker without assistance by using furniture, walls, etc. to stabilize weight/balance
Use other limbs to perform ADL	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

Equipment	Independent When...
Wheelchair, Walker, Cane	Can self-propel without assistance
Velcro clothing, Slip-on shoes	Can put on modified clothes/shoes without assistance
Grabbers/Extenders	Can use grabbers/extenders to bathe, dress, toilet, and transfer without assistance
Toilet seat raiser	Can get on and off toilet without assistance
Shower & tub bars or other modifications	Can get in and out of bath and wash self without assistance
Reminder Apps	Can perform ADL after reminded by app to do so

For more information on Activities of Daily Living and other TSGLI losses, see the TSGLI Procedures Guide at:

<https://www.benefits.va.gov/INSURANCE/docs/TSGLIProceduresGuide.pdf>