

# Understanding the TSGLI Loss of Activities of Daily Living Standards

## TSGLI ADL Standards for Transferring

*Please note the following examples are for illustrative purposes only and are not intended to be all inclusive.*

### Transferring

- To meet the ADL standard for Transferring, you must require the assistance of another person to:
  - Get out of bed into a chair/wheelchair, or to a standing position.
  - Get out of a chair/wheelchair into a bed or to a standing position.

### Transferring Examples

- **Unable** to Transfer Independently
  - You require the assistance of a nurse to lift and move you from your hospital bed to a wheelchair.
  - You must hold onto another person and have them help lift you to a standing position from a chair.
  
- **Able** to Transfer Independently
  - You can propel yourself from a sitting position in a chair to a standing position with a walker without assistance.
  - You can use your arm strength to lift yourself from your wheelchair to a bed, or a chair without assistance.