

ADL Coding Cheat Sheet

The 6-point scale and activity not attempted codes	
06 - Independent	Patient/resident safely completes the activity by him/herself with no assistance from a helper.
05 - Setup or cleanup assistance	Helper sets up or cleans up; patient/resident completes activity. Helper assists only prior to or following the activity.
04 - Supervision assistance (verbal or touch cues)	Helper provides verbal cues and/or touching/steadying and/or contact guard assistance as patient/resident completes activity. Assistance may be provided throughout the activity or intermittently.
03 - Partial/moderate assistance (helper does <50%)	Helper does less than half the effort . Helper lifts, holds or supports trunk or limbs, but provides less than half the effort.
02 - Substantial/maximal assistance (helper does >50%)	Helper does more than half the effort . Helper lifts or holds trunk or limbs and provides more than half the effort.
01 - Dependent	Helper does all of the effort . Patient/resident does none of the effort to complete the activity. Or, the assistance of 2 or more helpers is required for the patient/resident to complete the activity.
If activity was not attempted, code reason:	
<ul style="list-style-type: none"> • 07 - Patient/resident refused • 09 - Not applicable: Not attempted and the patient/resident did not perform this activity prior to the current illness, exacerbation, or injury. • 10 - Not attempted due to environmental limitations (e.g., lack of equipment, weather constraints) • 88 - Not attempted due to medical condition or safety concern 	
Activities of daily living	
Bathing	Dressing
<ul style="list-style-type: none"> • Bathing/showering • Oral care 	<ul style="list-style-type: none"> • Choosing clothing • Putting on or removing clothing and footwear
Toileting	Transferring
<ul style="list-style-type: none"> • Use of toilet • Arranging clothing when toileting • Cleaning genital area 	<ul style="list-style-type: none"> • Moving in and out of bed or chair • Use of mechanical transfer aids

Continence	Feeding
<ul style="list-style-type: none">• Control of bladder• Control of bowel	<ul style="list-style-type: none">• Getting food from plate into mouth• Use of utensils
Additional notes	

Centers for Medicare & Medicaid Services. (2020). *Coding Section GG self-care & mobility activities included on the post-acute care item sets: Key questions to consider when coding*. <https://www.cms.gov/Medicare/Quality-Initiatives-Patient-Assessment-Instruments/HomeHealthQualityInits/Downloads/GG-Self-Care-and-Mobility-Activities-Decision-Tree.pdf>

Katz, S., Downs, T. D., Cash, H. R., & Grotz, R. C. (1970). Progress in development of the index of ADL. *The Gerontologist*, 10(1), 20–30. https://doi.org/10.1093/geront/10.1_part_1.20