

OCCUPATIONAL THERAPISTS

PHYSIOTHERAPISTS

EXERCISE PHYSIOLOGISTS

ACCESSIBLE GYM

REHABILITATION CONSULTANTS

## ACTIVITIES OF DAILY LIVING ASSESSMENT

Assessing a person's **level of functioning** in relation to their **personal care**, household tasks, recreational and **social activities**

An objective assessment undertaken in the person's living environment

Identifies goals and maximises the person's level of independence

Aimed at maximum participation in life



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ACCESS  
FITNESS

www.accessfitness.com.au

**ADL assessments and reports delivered by MPOT/Access Fitness address the following areas:**

- Personal and self care abilities
- Domestic activity, including housework, grounds care and home maintenance
- Physical function, including hand function, seating and positioning
- Mobility and transfers, including risk assessment and prevention
- Community mobility, including driving and public transport
- Psycho-social skills, including social interaction and communication skills
- Leisure and non-vocational participation

**Recommendations may include:**

- Assistance with participation in ADLs
- Strategies for task modification
- Selected aids and equipment
- Environmental modifications
- Recommendation for support services
- Linking with community activities
- Treatment to overcome physical and/or cognitive barriers

**- SERVICES CAN BE ACCESSED BY -**

NDIS Participants | Privately Insured Clients | GP Plans | DVA Clients (Gold and White Card Holders)  
Clients with Third Party / Compensable Claims - including  
Workplace Injury, Motor Vehicle Accident, Income Protection / Disability & Public Liability