

Understanding the TSGLI Loss of Activities of Daily Living Standards

TSGLI ADL Standards for Bathing

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

Bathing

- To meet the ADL standard for bathing, you must require the assistance of another person to:
 - Wash at least three of the regions of your body using a shower, tub, or sponge bath.
- If you are able to wash your body independently using a sponge bath, you are able to bathe independently.
- Region of the body is defined as the following areas in their entirety:
 - Head and Neck
 - Back
 - Front Torso
 - Pelvis (including the buttocks)
 - Arms
 - Legs

Bathing Examples

- **Unable** to Bathe Independently
 - You cannot get in/out of the shower/tub, and even with a sponge bath, need another person to wash most of your body due to injured arms.
 - You need another person to move you into the shower/tub; and even with a shower chair and grabbers, the other person needs to physically wash your body while you are in the shower/tub.
 - You can physically bathe but due to traumatic brain injury (TBI) cannot remember to do so, and another person must tell you to bathe or you will not do so.
- **Able** to Bathe Independently
 - You cannot use the tub or shower, but you can independently sponge bathe all of your body except your back.
 - You can shower and clean all parts of your body independently with grab bars and shower chair installed in shower.