

# ACTIVITIES OF DAILY LIVING FOR LEARNERS WITH DEAFBLINDNESS

This resource focuses on the activities of daily living which are skills needed by an individual to live with maximum independence in the social environment. Learners, who are deafblind just like any other person require those skills to enable them take care of themselves and achieve independent living.

## Activities like.

- i. Toileting
- ii. Bathing
- iii. Brushing teeth
- iv. Feeding

## Activity 1; Toileting

The learner will be able express the need for toileting, locate the toileting area, identify toilet materials, and use the toilet facilities appropriately.

- Communicate the need for toileting.
- Identify the toileting materials.
- Identify the toileting area.
- Undress in readiness for toileting.
- Position self in readiness for toileting.
- Clean self after toileting.
- Dispose of used toileting materials.
- Dress up after toileting.
- Wash hands after toileting

## Resources/Materials

Toileting chart, toilet paper, soap, water, leaves, toilet facilities, water containers, potties, crutches, walkers, hearing aids, commodes, white canes, wheelchairs, etc



## Activity 2; Bathing

The learner will be able to identify materials and equipment used for bathing, locate the bathing area, bathes appropriately to maintain cleanliness of the body.

- Manipulate objects in the calendar box
- Identify materials and equipment used for bathing.
- Teach self to identify the area for bathing.
- Undress self in readiness for bathing.
- Bath self appropriately.
- Dry self after bathing.
- Dress self.

### Resources/Materials needed

Basins, Jeri can, soap, sponge, towel, sandals, body oil, pumice stone, shower, hook, comb, mirror, raised platform, assistive devices, etc



## Activity 3; Brushing Teeth

The learner will be able to identify brushing materials, locate brushing area and brush teeth appropriately to ensure proper hygiene.

- Identify materials and equipment used for brushing the teeth.
- Teach self to locate the place for brushing teeth.
- Hold toothbrush correctly.
- Apply toothpaste appropriately.
- Brush teeth
- Rinse the mouth.
- Clean the toothbrush.

### Resources/Materials

Toothbrush, toothpaste, container, water, pictures, calendar charts/boxes, photographs, wheelchair and any appropriate materials, etc



## Activity 4; Feeding

The learner will be able to express the need for feeding, identify utensils used for feeding, locate feeding area and feed self, clean the feeding utensils and area to maintain the proper hygiene.

- Communicate the need for feeding.
- Teach self how to locate the feeding place.
- Prepares self for feeding.
- Identify utensils and materials used for feeding.
- Identify food stuffs.
- Feed self.
- Clear the feeding area.
- Wash hands after feeding.

## Resources/Materials

Plates, spoons, forks, dishes, tables, cups/ mugs, chairs, pots, saucepans, table knives, towels, floor mats, table mats, bibs, soap, food, water, etc



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