Activity of Daily Living

**Course Instructors:** 汪翠澄 老師 ext. 5903  
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陳官琳 老師 ext. 5906  
黃雅淑 老師 ext. 5914  
林玲伊 老師 ext. 5917  
張玲慧 老師 ext. 5907  
張哲豪 老師 ext. 5915  
郭立杰 老師 ext. 5908 (coordinator)

**Course Credit:** Lecture 1 and Practice 1

**Core Ability:**
The following core abilities will be learned within this course:
- Professional knowledge and theories of Occupational Therapy
- Professional skills of Occupational Therapy
- Ability of communication and team cooperation
- Ability of humane care and professional ethics

**Course Description:**
This course presents Occupational Therapy students with evaluation and training techniques to aid people with disabilities in attaining maximum of self-sufficiency in activity of daily living (ADL). The content of course consists of multiple facets of activity of daily living and can be applied to physical, pediatric, and psychosocial areas. Hand-on practices are as stressed as scholarly lectures in this course.

**Course Objectives:**
Upon the completion of this course, the student will be able to:
1. Define the term “ADL” (Activity of Daily Living).
2. State the physical and psychological requirement of a person's mobility, self-care and communication skills that maintain his maximum potential independence within his environment.
3. Understand common disability types and their levels of functioning related to independent living.
4. State the differences between (a) assessment and treatment (b) ADL and aids to daily living
5. Demonstrate safe handling in transfer, lifting, walking and wheelchair activities
6. Evaluate anthropometric and ergonomic data of environmental settings.
7. Survey architecture barriers and design advisory briefs on how these can be
7. Perform a task analysis of dressing, bathing, toileting and feeding skill.
8. Evaluate self-care assistive devices according to set format.
10. Identify physical channels of communication.
11. List communication aid useful in disorders of hearing, vision and speech.
12. Identify performance areas, performance skills, client factors, and activity patterns important in the evaluation and intervention of the aging adult in long term care.

Grading:
1. Lecture:
   - Midterm 45% (郭立杰 40%、林玲伊 25%、張玲慧 25%、張哲豪 10%)
   - Final Exam 45% (蔡佩倫 33%、汪翠澄 33%、陳官琳 22%、黃雅淑 12%
   - Class Participation 10%
2. Practice:
   - Midterm (Adults) 30% (郭立杰 40%、林玲伊 25%、張玲慧 25%、張哲豪 10%)
   - Final Exam (Children) 20% (陳官琳 75%、黃雅淑 25%)
   - Long Term Care Report 15% (蔡佩倫)
   - Field Trip Report 15% (汪翠澄)
   - Movie Report 10% (汪翠澄)
   - Strategies Practice 10% (汪翠澄)

Reference:
中華民國殘障聯盟 (1997): 無障礙環境設計手冊，台北市。
## Schedule:

**Every Friday 8:10-12:00 AM**

<table>
<thead>
<tr>
<th>周數</th>
<th>日期</th>
<th>Topic</th>
<th>講師</th>
<th>Assignment</th>
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<tr>
<td>1</td>
<td>2/24</td>
<td>Introduction to ADL &amp; Roles of OT in ADL</td>
<td>郭立杰</td>
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<td></td>
<td></td>
<td>What is Independence?</td>
<td>張玲慧</td>
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<td>2</td>
<td>3/2</td>
<td>Functional Assessment Instruments</td>
<td>林玲伊</td>
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<td>3/9</td>
<td>Feeding, Grooming, Personal Hygiene</td>
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<td>3/16</td>
<td>Dressing/Undressing</td>
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<td>3/23</td>
<td>Bed Mobility &amp; Transfer</td>
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<td>Locomotion &amp; Wheelchair</td>
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<td>Architecture Barrier &amp; Environmental Modification</td>
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<td>Task Simplification &amp; Energy Conservation</td>
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<td>Assistive Technology</td>
<td>張哲豪</td>
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<td>10</td>
<td>4/27</td>
<td>Midterm Examination (Lecture + Practice)</td>
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<td>11</td>
<td>5/4</td>
<td>Examination of barrier-free environment</td>
<td>汪翠瀅</td>
<td>影片與體驗活動(video, blindness experience, environmental barrier report/videotaping 校區無障礙空間検査(每組請找出至少2個障礙之處並提出解決之道,過程攝影或錄影,*繳交心得)</td>
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<td>12</td>
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<td>Report of activity experience. Self-care strategies and assistance for psychosocial conditions</td>
<td>汪翠瀅</td>
<td>講義與影片（家屬照護）*繳交心得</td>
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<td>13</td>
<td>5/18</td>
<td>Self-care strategies and assistance for the elderly and cognitive impaired</td>
<td>汪翠瀅</td>
<td>講義與影片（失智症）</td>
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<td>OT in long term care (I)</td>
<td>蔡佩倫</td>
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<td>15</td>
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<td>OT in long term care (II)</td>
<td>蔡佩倫</td>
<td>*繳交評估報告</td>
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<td>Pediatric ADL</td>
<td>黃雅淑</td>
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<td>Pediatric Functional Assessment I</td>
<td>陳官琳</td>
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<td>17</td>
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<td>Pediatric Functional Assessment II</td>
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<td>18</td>
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<td>Final Examination (Lecture + Practice)</td>
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