

ACTIVITIES OF DAILY LIVING AND ITS CORRELATES AMONG THE ELDERLY

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ABSTRACT

The main purpose of this research paper is to understand the activities of daily living of the elderly individuals. The activities that one performs in daily life are important as these influence the physical and psychological well-being and personality of the individuals. The elderly individuals, who are above the age of 60 years belong to different categories, backgrounds and occupations. Some experience serious illnesses and health problems, whereas others are active within their home as well as outside the home. The main areas that have been taken into account in this research paper are, activities of daily living, instrumental activities of daily living, occupational performance of activities of daily living, wellness for older adults in daily life, and benefits of wellness and activities. The activities of daily living and instrumental activities of daily living are essential for all the elderly individuals, irrespective of their backgrounds and categories. Whereas, occupational performance of activities of daily living are based upon their interests and needs.

Keywords: Activities, Daily Living, Elderly Individuals, Occupational Performance, Wellness

INTRODUCTION

Not only in India, but in other countries of the world, there has been an increase in the number of individuals, who are above 60 years of age. The increase in the aging population can be observed with the perspective that there have been initiation of public health policies and socio-economic progress. At the same time, there have been challenges imposed upon the society to maximize health, well-being and functional capacity of the elderly individuals. Old age is not regarded as a disease or a problem, but when individuals reach old age, they usually experience numerous health problems. The significance of this stage of a human life cycle can be assessed from the fact that in 2012, the World Health Organization (WHO) declared the World Health Day, focusing on aging. The population of the world is aging in a rapid way that by the year 2050, the proportion of the world's population from more than 60 years of age is estimated to double from 11% to 22% (Sekhon, &Minhas, 2014).

Activities of Daily Living (ADLs) is the term used to refer to the daily activities of self-care within the place of residence of an individual, the outdoor environments or both. The ability or the inability of the individuals to perform the ADLs is regarded as an important measurement of functional status by health professionals. This is particularly with regards to the individuals with disabilities and the elderly. It should be assessed as a routine while evaluating the mental position and functional abilities of the elderly individuals. The activities that come under the activities of daily living, include, eating, bathing, dressing, toileting and transferring. The

correlation of these activities among the elderly is primarily concerned with their abilities or the inability to carry them out in an effective manner (Sekhon, &Minhas, 2014).

ACTIVITIES OF DAILY LIVING

The activities of daily living are defined as the set of activities that are necessary for the normal care and well-being of the individuals (Chapter 16, n.d.). These activities are essential for all the individuals to practice in an adequate manner, as they render a significant contribution towards the development of their personality. These activities indicate the kind of life, elderly individuals live, in other words, their daily routine is illustrated in these activities. The activities of daily living have been stated as follows: (Physical Self-Maintenance Scale, n.d.).

Eating – Elderly individuals have different dietary requirements. In old age, individuals are supposed to consume diet that is rich in nutrients and lead to good health and well-being. Their diet and nutrition is primarily dependent upon their health conditions. For instance, if they experience high sugar level, then the doctor advises them to reduce the intake of sugar. Some of the elderly individuals primarily consume milk and fruits, whereas some even consume regular meals, but are required to keep a check on their weight. Elderly individuals may consume their meals without assistance, or in some cases, may need assistance from other individuals. In old age, individuals normally give up number of food items. They reduce the intake of sweets, non-vegetarians may turn into vegetarians and may eat just one meal a day.

Bathing – With regards to bathing, there are differences amongst the elderly individuals. Some of them are able to bathe self, using tub, shower, sponge, and take a bath, without assistance. Some are able to bathe self with help getting in and out of the tub. Some wash their face and hands only, but cannot bathe the rest of the body. Some of them do not wash self, but are co-operative with those who provide them help. Some of them, do not try to wash self and resist efforts to keep him or her clean. Some of the elderly individuals find bathing an essential activity of daily living, even during the winter season and do not feel comfortable without it. On the other hand, some are not able to bathe due to their health problems and just use a sponge to keep themselves clean, whereas some of the elderly individuals may take bath on weekly basis.

Dressing – In old age, individuals dress themselves in accordance to their liking and the way they feel comfortable. In some cases, they wear the attire, which enhance their personality, they are found of dark colours and wear splendid garments. Some of the elderly individuals prefer dressing in simple light coloured clothes. On the other hand, there are elderly individuals, who are not ambulatory and prefer to put on comfortable clothes, even when they go out of homes. Health problems and illnesses in old age are the major factors that determine how they should dress themselves. There have been instances, when elderly individuals are able to dress themselves independently, whereas, in other cases, they need assistance from others.

Toileting – Some of the elderly individuals, care for self at toilet completely and does not require any help. Some need to be reminded, or need help in cleaning self, or has rare and at the

most weekly accidents. Soiling or wetting while asleep more than once a week is experienced by some of the elderly individuals. Soiling or wetting while awake more than once a week or no control of bowels or bladder. The toileting needs of the elderly individuals are taken care of either by themselves or they require assistance from others.

Transferring – The transferring of the elderly individuals include either going for a walk outside their house, or visiting nearby, such as religious places, shopping complexes, market places, relative or a friend's house, park, or going out of town for a short period of time. There are number of areas, through which transferring of the elderly individuals takes place, these may include public transportation or they may use their own vehicle. The vehicle may be driven either by themselves or they may hire a driver. In old age, individuals do feel vulnerable, in some cases, when they have to make a visit to some place. When they feel vulnerable and apprehensive, they either take a family member, friend or a caregiver along with them. On the other hand, when they do not feel apprehensive, they may transfer on their own.

Grooming – Grooming is an essential aspect in maintaining ones personality. It is related to neatness of hair, nails, hands, face and clothing. With regards to grooming, elderly individuals have different perspectives. Some of them are always neatly dressed and well groomed and they are able to carry out these tasks without assistance. Some are able to groom oneself in an adequate manner with minor assistance. Some of them require moderate and regular assistance or supervision with grooming. Some of them need complete assistance related to grooming and could remain well groomed with assistance from others. Some of them actively disproves all the efforts of others to maintain grooming.

Physical Ambulation –Elderly individuals, who are above 80 or 90 years of age, normally experience problems in walking. In some cases, their physical ambulation is just confined to going to the parks or to nearby places within the city. Some are able to ambulate only within their colony or residential area, but do not visit nearby places. Physical ambulation of the elderly individuals usually takes place with assistance, this may be through the help of another person, walking stick, walker or wheelchair. On the other hand, elderly individuals, who are bedridden more than half the time, do not normally have physical ambulation.

INSTRUMENTAL ACTIVITIES OF DAILY LIVING

The instrumental activities of daily living and its correlates among the elderly have been stated as follows: (Lawton, & Brody, n.d.).

Ability to use telephone –When a person reaches the age of 60 and above, he usually begins to experience health problems. In some cases, he does not possess the ability to dial an accurate number using telephone, due to visual impairments or any other problems, while in other cases, he is able to use telephone, without any difficulties or problems. Among the elderly individuals, there are different cases regarding making use of telephone. Some are able to operate the telephone on their own initiative, look up and dial numbers. Some are able to dial only those

numbers, which they are familiar with. Some answer the calls, but does not make use of telephone in dialling numbers and some elderly individuals do not make use of telephone at all.

Shopping –Shopping amongst the elderly individuals is concerned with purchasing of numerous items. These include, groceries, home appliances, books, magazines, clothes, accessories and so forth. With regards to shopping, there are variations amongst the elderly. Some take care of their shopping needs independently, making use of a walking cane, they go out and purchase the items, they need. Some are able to shop independently only small purchases, which mainly includes groceries. Some needs to be accompanied on any shopping trip, this is primarily due to some health problem or when individuals are not ambulatory. Some of the elderly individuals are completely unable to shop and depend upon caregivers to purchase the necessary items for them.

Preparation of Meals –In the preparation of meals, elderly individuals possess differing abilities. Some are able to plan, prepare and serve adequate meals to family members as well as guests on an independent basis, without any help from others. Some are able to prepare adequate meals, if they are supplied with ingredients and some help. Some are able to prepare, heat and serve meals, but does not take care of their diet, in other words, their dietary intake is not in accordance to their health requirements. Some of the elderly individuals are unable to prepare their meals and need help, due to their inability, they need to hire cooks, who can prepare their meals. There are cases of elderly individuals, when they even need assistance to serve them meals, this is when they are not ambulatory.

Housekeeping –There are various reasons due to which elderly individuals live alone, in such cases, they either maintain the housekeeping by themselves, hire helpers to obtain assistance in the management of house-work. In some cases, they perform only light tasks, such as washing dishes, making bed, etc. In some cases, they are able to perform light tasks, but are unable to pay adequate attention to cleanliness. Some of the elderly individuals are unable to perform the household chores and need help, whereas some do not participate in housekeeping tasks at all and depend on others. Housekeeping require functions of individuals such as, carpenters, plumbers, electricians, painters, and repair work, which require elderly to call the individuals, who are skilled and proficient in these areas.

Laundry –Laundry is an important household task, which needs to be done regularly. When elderly individuals are living alone, they normally do laundry once a week, or if there are two or more family members, then it is normally done twice a week. The elderly individuals either do personal laundry by themselves, when they possess the abilities and do not depend on others. Some of the elderly individuals launders small items, which are easy and less time consuming. Whereas, some of the elderly individuals are unable to carry out this function by themselves and hire helpers. The laundry work is made manageable through the use of washing machines, on the other hand, when it is done manually, it is more time consuming.

Mode of Transportation –With regards to travelling and mode of transportation, there are variations amongst the elderly individuals. Some travel independently making use of public transportation or drive car. Some of the elderly individuals arrange for a taxi, when they have to

travel somewhere, but otherwise does not make use of public transportation. Some of the elderly individuals feel apprehensive or due to health problems, they need to be accompanied by others, when they are making use of public transportation. Some of the elderly individuals utilize the services of the driver in their own car, when they have to visit some place, such as a doctor or a relative, etc. Whereas, some of the elderly do not travel at all and remain at home, even when they experience health problems, physicians are called at home.

Responsibility for own Medications –This is apparent that in old age, individuals experience various forms of health problems. These may be high or low blood pressure, pain in the joints, visual impairments, hearing impairments, unable to remain ambulatory, loss of appetite and so forth. For health problems, they are required to take medications in correct dosages at the correct time. In some cases, elderly are responsible for taking proper medications. In some cases, they take the responsibility, if medication is prepared in advance in separate dosage. On the other hand, some of them are not capable of dispensing their own medication. In old age, loss of memory takes place amongst some individuals, they do not remember certain things and become forgetful in nature. In such cases, family members or caregivers are responsible for giving them medications on time.

Ability to Handle Finances –Finances are an important concern for the elderly individuals. There have been cases, when in old age, they manage their finances independently, such as, write checks, plan budgets, pay rent, carry out banking transactions, such as, depositing and withdrawing of money, collects and keeps track of their income and keep a record of expenses. Some of elderly individuals manage day to day transactions, but need assistance with banking and other major monetary dealings. There are elderly individuals, who need help in handling finances. The main area that needs to be focused upon, when handling finances is security. There have been cases of elderly individuals, who have been financially abused by their own children. Therefore, they should either handle monetary transactions on their own or take help from a reliable and a trustworthy person.

OCCUPATIONAL PERFORMANCE OF ACTIVITIES OF DAILY LIVING

Socio-cultural role expectations for occupational performance by the elderly individuals and groups differentiated on the basis of age, gender, and other social characteristics are of main focus to occupational therapy practice based on occupational performance model. Significant gender and age transformations are identified in the types and sources of social support provided and received, with elderly men much more likely than elderly women to receive assistance with housework, meal preparation, and grocery shopping. Such information contributes to the development of a broad national framework for the client-centred practice of occupational therapy with elderly individuals, and points to the need for further research on socio-cultural influences on occupational performance across the life time (McKinnon, 1991). The occupational performance is depicted in the activities which have been stated as follows:

Maintenance of Household –In housekeeping, there are numerous functions which individuals need to take care of. These include, cleaning, sweeping, washing, preparing meals,

and it also calls for services of other individuals, such as carpenters, plumbers, painters, electricians, and so forth. The elderly individuals, who are living alone, have to call them and supervise while they are doing their job. There are cases, when elderly individuals are engaged in the maintenance of household chores on their own, whereas, some of them need assistance. For instance, when washing is done making use of a washing machine, then they may perform this task on their own, whereas, they need assistance and are required to hire helpers, when it is to be done manually.

Yard-work – Yard-work is referred to include all tasks and functions that are required in the maintenance of the yard. It is difficult to carry out the job duties of yard-work, as it requires strengths and muscles to work with. In the yard, one is supposed to perform numerous functions which include, trimming of bushes, mowing the lawn, watering the plants, sowing seeds, pulling out the weeds, putting in soil and nutrients and so forth, The main significance of these functions is to lead to effective growth and development of plants and trees. Elderly individuals usually are fond of plants and take pleasure in the maintenance of yards. Observing flowers and greenery around gives them pleasure. Proper maintenance of the yard requires skills and abilities, therefore, they normally hire gardeners to take care of their yard.

Religious Places - In most cases, elderly individuals, who are retired from their jobs take pleasure in visiting and in participating in religious functions. They make a visit to a temple or a church or gurudwara, as part of their daily routine. They may either make a visit in the morning or in the evening. Visiting religious places makes them feel contented and pleasurable. On the other hand, there are some elderly individuals, who determine that one or two hours per day, they would chant their religious hymns and pray. The dedication of the elderly individuals towards religious places and religious beliefs, arouses due to the viewpoint that they have accomplished much in their lives, but now in their twilight years, they have to devote themselves to the service of the Almighty.

Volunteer Work – Some of the elderly individuals are engaged in some type of volunteer work, after they have retired from their jobs. Volunteer work is usually based upon their professions or the kinds of jobs they have been engaged in. For instance, a medical doctor may provide medical and health care assistance to the individuals, belonging to various categories, backgrounds and age groups. The elderly individuals, who have been teachers or professors may conduct coaching classes in their houses to provide education and training primarily to the individuals belonging to deprived, marginalized and socio-economically backward sections of the society. The other type of work that elderly individuals may get engaged in is doing research and writing. Some are engaged in writing articles as well as books. In this way, they are able to improve their knowledge and acquire understanding of the present world.

Artworks and Handicrafts – There are elderly men and women, who take pleasure in making of artworks and handicrafts in their free time. The artworks and handicrafts either get sold, provided if they have contacts with other individuals or they usually give them as gifts to their relatives and friends. The various kinds of artworks that elderly individuals make include,

Tanjore paintings, Madhubani paintings, glass paintings and canvas paintings and various handicrafts items include, different kinds of embroideries, knitting, Croatia, wall hangings, decoration items and so forth. The interest regarding production and manufacturing of artworks and handicrafts arise, provided they have been skilled in this area before. In their old age, they feel that they should continue practicing their skills, hence, if not on a regular basis, either weekly or monthly, they are engaged in the production of one item. In purchasing of materials, they either are dependent upon others or visit the nearby stores on their own.

Training and Assisting Family Members – Elderly individuals need support and help from their family members. They experience numerous problems in carrying out of any kinds of tasks and functions, normally when they live alone. Loneliness is stated as the chronic illness that hampers the psychological approach of not only the elderly individuals, but individuals, belonging to all age groups. In their old age, providing assistance and training to their grandchildren and other members of the family is also an important occupational performance of daily life activity. The areas regarding which elderly individuals provide training to their family members include, production and manufacturing of handicrafts, they are normally skilled in embroidery, stitching, knitting etc. They take care of small children, in the absence of parents, they even train the family members in the preparation of meals and in management of household chores. Individuals, who have respect for the elderly individuals, possess this viewpoint that values, ethics, beliefs, principles, standards and cultural traits that are required to live a meaningful life can be acquired from them.

WELLNESS FOR OLDER ADULTS IN DAILY LIFE

The wellness of older adults is an important concern as this age group increases in size. In the United States, about 70 million people will be above the age of 65 years in 2030. This group will represent about 20 percent of the total population in the United States by 2030. In the present existence, all over the world, the main focus of wellness for older adults is on their physical health. This point puts emphasis on wellness of the older adults and a Whole-Person Wellness Model. It recommends how daily life activities can contribute in the maintenance of overall health and wellness (Kang, Russ, & Ryu, n.d.).

When understanding wellness for older adults in their daily life, it is important to acquire adequate understanding of the Whole-Person Wellness Model. In 1961, a physician named Halbert L. Dunn first introduced the term wellness. Dr. Dunn described it as a lifestyle approach for pursuing physical and psychological well-being. The concept of wellness was augmented by Bill Hettler, co-founder and president of the board of directors of the National Wellness Institute. Dr. Hettler proposed interdependent, whole person wellness for the six-dimension wellness model: physical wellness, emotional wellness, spiritual wellness, intellectual wellness, occupational wellness and social wellness (Kang, Russ, & Ryu, n.d.).

Physical Dimension of Wellness – It is concerned with the maintenance of physical health. In old age, individuals need to pay complete attention towards their physical health and

wellness. They are recommended by the physicians to get engaged in some kind of physical activity, such as, morning walks, yoga, meditation and other activities in accordance to their interest. Physical development enables the individuals to acquire adequate understanding regarding their diet and nutrition. They are required to consume a healthy and a nutritious diet in accordance to their health conditions. In old age, individuals are normally discouraged from the use of tobacco, alcohol and drugs. In some cases, when they feel stressed, they skip meals or consume less, hence, it is recommended that they should remain stress free, eat healthy, exercise and be happy and satisfied.

Emotional Dimension of Wellness—There have been cases, when children and other family members harass and torture their elderly parents for monetary wealth, property or feel their burden and consider sending them to old age homes. This kind of attitude on the part of the family members hampers their psychological approach and their emotional wellness gets impeded. Emotional dimension of wellness recognizes the awareness and acceptance of ones feelings and viewpoints. It is primarily referred to the ability of the individuals to form relationships with others, based on their mutual commitment, trust and respect. When elderly individuals obtain trust and respect from the family members, they feel emotionally secure. On the other hand, abusive treatment and harassment from family members proves to be a barrier within the course of their emotional wellness.

Spiritual Dimension of Wellness –The spiritual dimension of wellness gives recognition toones search for meaning and purpose in life. As it has been stated above that in old age, individuals feel contented and pleasurable, when get engaged in religious ceremonies and functions. They make it an essential part of their daily lives to put emphasis on the spiritual dimension of wellness. An example of this is peaceful harmony between internal personal feelings and emotions through life and measuring those against personal values. There have been instances, when a person is willing to achieve something and he is not able to due to some problems that are unavoidable, in such cases, it is vital for the elderly individuals to be at peace with oneself and not feel any stress that may have a negative effect upon their wellness.

Intellectual Dimension of Wellness –In old age it is important for the individuals to maintain their intellectual dimension of wellness and be aware regarding various activities that are taking place around them. The usage of words and vocabulary of the individuals begins to decline after the age of 70 years. When the individuals reach the age of 80 and above, it is vital for them to keep note of all activities and functions. These may be related to management of finances, household chores, medications, and so forth. The intellectual dimension of wellness recognizes ones creative, resourceful, innovative and stimulating mental activities. Anexperienced person augments his knowledge and skills, while discovering the potential for working towards the welfare of the community. When individuals are making use of their skills and abilities to work for the welfare of the community, this expands their intellectual dimension of wellness. There are elderly individuals, who govern the functioning of organizations and associations, which have the main objective of working for the well-being of the deprived, marginalized and socio-economically backward sections of the society.

Occupational Dimension of Wellness –Occupational dimension of wellness is primarily concerned with the various types of occupations that elderly individuals get engaged in. This gives recognition to the personal satisfaction of one’s life through work. The elderly individuals get engaged in occupations in accordance to their own interests, abilities and skills. When they are wholeheartedly engaged in these occupations, they feel satisfied to a great extent. Work and occupation always gives rise to pleasure and contentment within their mind-sets. The various types of work that elderly individuals get engaged in include, teaching, medical and health care, preparation of meals, production and manufacturing of handicrafts and artworks, child development, yard-work, maintenance of the household, and participation in religious activities. Through these activities, individuals are able to convey their values and aptitude to the individuals, whom they are working with. In their old age, they are able to make use of the knowledge and skills that they have acquired.

Social Dimension of Wellness –The social dimension of wellness enables the individuals to render a significant contribution to the environment and the community. In old age, it is vital for the individuals to develop a social circle, as loneliness is a distressful state and difficult to deal with. When elderly individuals get engaged into effective communication processes and social interaction, they feel satisfied to a major extent. They feel contented when they have someone to share their joys and sorrows with. Their social circle primarily includes, family members, relatives, friends, neighbours and caregivers. This dimension puts emphasis upon the interdependence between nature and others. On the other hand, there are elderly individuals, who do not have a social circle, due to this, they normally feel secluded and depressed. When they do not have people around to interact with, they keep themselves occupied by participating in religious functions or by getting engaged in volunteer work.

BENEFITS OF WELLNESS AND ACTIVITIES

The benefits of wellness and activities that elderly individuals get engaged in their daily lives have been stated as follows: (Kang, Russ, & Ryu, n.d.).

Increased Quality of Life – There has been an increase in the number of elderly individuals, who are above the age of 65. Most of these individuals live alone, without any support available from the family member or caregivers. Therefore, it is vital for them to adopt ways that would contribute in enhancing the quality of their lives. Some of the elderly individuals are avid readers, who read books, articles, magazines and newspapers in order to generate awareness and acquire knowledge regarding all walks of life. They get engaged into various tasks and functions to improve their quality of life. These tasks and functions, not only enable them to make use of their skills, abilities and knowledge but render a significant contribution in increasing the quality of life.

Longer and Healthier Life – When elderly individuals have a social circle, when they have a safe housing accommodation to live in, when they have support of family members, stay healthy, consume a healthy and nutritious diet, get engaged in physical activities, develop

positive thinking, stay relieved from the feelings of anger and frustration and get engaged into effective communication with all the individuals, then they are able to maintain a longer and a healthier life. When elderly individuals are active and healthy in their old age, then they are able to live a longer and a healthier life.

Active Social Interaction – The elderly individuals, who are contented and free from stress and tensions, they usually get involved into active social interaction. When a person gets engaged into social interaction, it is vital that he should follow communication ethics, so that the other person takes pleasure in interacting with him. Speaking, listening and responding are important areas that one should take into consideration, when developing effective communication processes. Elderly individuals get involved into social interaction in an efficient manner, when they are healthy and psychologically gratified and contented. On the other hand, stress, worries and unfavourable consequences prove to be barriers within the course of active social interaction. There are individuals, who do not take pleasure in interacting with others in their old age and keep to themselves.

Mental and Emotional Health – There are numerous areas that positively and negatively influence mental and emotional health of the individuals. The positive influences are, support and care from family members, friends and caregivers, financial possessions, property, good physical health, availability of facilities and infrastructure, ability to take care of one's needs and requirements and active participation in areas, which generate satisfaction and pleasure within their mind-sets. On the other hand, negative influences include, abuse, torture and harassment on the part of the family members or caregivers, financial instability, lack of security, health problems, inability to carry out daily life activities, inability to remain ambulatory, isolation, lack of social interaction, dependence upon other individuals for their well-being and stress and worries due to number of problems.

Active Part of the Workforce – Occupation and jobs are stated to be imperative areas that contribute in enhancement of the quality of life as well as the personality of the individuals. When elderly individuals have work, whether it is paid or volunteer, they feel they are active part of the workforce and feel contented to a major extent. Being an active part of the workforce, not only gives them pleasure, but also enables them to contribute towards the welfare of the community. When elderly individuals live alone and do not have family members, then being part of the workforce enables them to create a social circle. Working and remaining occupied enables them to maintain their physical and mental health.

Financial Independence – There are elderly individuals, who are financially well off. They possess property, wealth, assets and finances, which enable them to live a fulfilled life. When elderly individuals are solitary survivors and their children are also not staying with them, in such cases, financial independence enables them to carry out all the activities of life and meet their needs and requirements in an efficient manner. Being financially independent enables them to hire helpers to perform all kinds of tasks and functions. The elderly individuals, who are not

ambulatory and are unable to carry out their tasks are easily able to hire helpers and caregivers, such as, cooks, washers, sweepers, gardeners, drivers and so forth.

Self-Care – The elderly individuals, who are healthy and well to do are able to provide self-care. Self-care is referred to, when the elderly individuals are able to care for their own-selves, without being dependent on others. They perform all types of household chores, as well as take care of their needs and requirements on their own. Good health conditions are primarily responsible that promote self-care amongst the elderly individuals. The tasks, which cannot be performed by the individuals themselves, for this purpose, they hire helpers. These include, plumbing, carpentry, jobs of the electrician, painting and so forth. The elderly individuals, who provide self-care, hire one or two part time helpers, so that they are available in case one is not able to perform the job himself or herself.

Leisure and Recreation – Leisure and recreation activities are an integral part of an individual's life. Individuals belonging to all age groups need some kind of recreation and express interest in getting engaged in leisure activities. Activities of daily living are divided into three main areas, these are self-care, work and leisure (Nandgaonkar, Joy, Ebenezer, &Samy, 2003). The kinds of leisure and recreational activities depend upon interests of the elderly individuals. Some are interested in watching television shows, some are fond of movies, some enjoy listening to music, some take pleasure in listening to religious hymns, some enjoy playing indoor games with their family members or friends, some of them enjoy preparing various food items and so forth. Leisure and recreational activities provide relaxation and amusement to the individuals, belonging to all age groups, categories and backgrounds.

CONCLUSION

Activities of daily living are referred to as the well-established practice that is now for the measurement of the functional status of the person. The elderly individuals carry out their activities of daily living, primarily on the basis of their health conditions. The individuals, who experience serious illnesses, health problems and are unable to remain ambulatory usually are dependent upon the care and services of others. Those elderly individuals, who maintain good health, but experience minor health problems are able to carry out their activities, with less assistance available from others. Whereas, there are elderly individuals, who are active and carry out their daily life activities themselves as well as get engaged in occupation.

In old age, there are certain areas that are important and individuals themselves are responsible for their implementation. It is vital for the elderly individuals to get engaged in some kind of physical activity, consume a healthy and a nutritious diet, take adequate sleep, remain occupied in some kind of work, such as, doing knitting, embroidery, preparing meals, listening to music, watching television shows or movies, visiting a friend and so forth. They need to establish good terms and relationships with family members, friends and caregivers, and establish positive thinking. Stress and worries commonly exist within the lives of all individuals, but one should be

aware of how to handle them in an appropriate manner. Positive thinking is an imperative aspect that would encourage the implementation of tasks and functions in an appropriate manner.

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