

HOT Evidence

ADL Interventions for Adults With Stroke

Why This Matters

- ▶ There are more than 7 million stroke survivors, and stroke is the leading cause of adult disability in the United States.
- ▶ Stroke often leaves survivors with limitations in activities of daily living (ADLs), which is correlated with overall life dissatisfaction.
- ▶ Occupational therapy practitioners used skilled interventions to improve deficits in ADL participation for stroke survivors.

Improving ADLs



ADL training with exercise,
and/or multidisciplinary
program



Activity-based interventions



Creative recreation



Cognitive behavioral therapy



Task-oriented training
with cognitive strategies



Virtual reality/gaming



Balance training



Tai Chi

Find the Evidence

Visit <https://research.ota.org> to review the **Systematic Review Briefs** on this topic