

ABSTRACT

In a psychosocial state called independence, a person can act alone, does not depend on others, is not affected by his environment, and is free to manage his own needs. This study aims to explain and describe the Activity Daily Living (ADL) of the elderly at PSTW Budi Pertiwi, as well as the supporting and inhibiting factors of ADL. It will also discuss the theoretical and practical implications of this research for the advancement of Social Welfare Science.

This research uses a qualitative method with a case study approach. The sampling technique in this study used purposive sampling technique. The number of informants in this study consisted of 5 informants, namely 2 caregivers and 3 elderly people. As a result of this research at the Budi Pertiwi Tresna Werdha Social Home, researchers can describe the various results of the independence of the elderly in activity daily living (ADL), namely with the following results:

- 1. Elderly can do their own bathing.*
- 2. Elderly can dress themselves.*
- 3. Elderly can go to the toilet without assistance.*
- 4. Elderly are less likely to be able to control urination.*
- 5. The elderly can move without the help of others.*
- 6. The elderly can eat on their own without being fed by others.*

The role of the orphanage as a facilitator who provides a place or container of services to beneficiaries can help the elderly to live better and prosper.

Keyword: elderly, independence, ADL.