



HAS YOUR DAILY LIVING BEEN AFFECTED AS A RESULT OF YOUR PERSONAL INJURIES?

KEEP TRACK OF HOW YOUR INJURIES AFFECT YOUR DAILY LIFE!

It is important in your personal injury case to keep track of how your personal injuries affect your daily life! By keeping tracking of your activities of daily living it helps us show the adjuster, judge or jury exactly how your (your loved one's) personal injuries affect you. Therefore, it is **VITAL** that you input this information into our Activities of Daily Living form, and return it to our office as soon as possible.

The Activities of Daily Living form will be sent to you at the beginning of your case. The form is also available upon request, or you can download the form on our website at www.goodrowlaw.com. Below is a partial example of the Activities of Daily Living form:

ACTIVITIES OF DAILY LIVING

Does Plaintiff Need Help:	Yes/No	What % of Time
1. Cooking		
2. Cleaning up After Meals		
3. Shopping for Food, Bringing It in House, Putting It Away		
4. Shopping for Clothing, Trying It on, Bringing It in House, Putting It Away		
5. Driving		
6. Getting in/out of Vehicle		
7. Transfers:		
-Chair to Bed	-	
-Bed to Chair		
-Bed to Toilet and Back		

FOR MORE INFORMATION CONTACT US:



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Visit Our Website



Tony Florez

1 review

★★★★★ a month ago

My family member was in a car accident and we tried to work it out with the other drivers insurance company, however, they were offering peanuts. We called Mr. Goodrow to help us out and he was fantastic! Russell and his team got us the results we were looking for and would highly recommend his services. We will use Russell for all of our legal needs moving forward.

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