

DISABILITY SERVICES FACT SHEET MAJOR LIFE ACTIVITIES

WHAT IS A MAJOR LIFE ACTIVITY?

As defined by the Americans with Disabilities Act (ADA) Amendments Act of 2008, major life activities include, but are not limited to the following:

- Caring for oneself;
- Performing manual tasks;
- Seeing;
- Hearing;
- Eating;
- Sleeping;
- Walking;
- Standing;
- Lifting;
- Bending;
- Speaking;
- Breathing;
- Learning;
- Reading;
- Concentrating;
- Thinking;
- Communicating; and
- Working

A major life activity as defined by the Americans with Disabilities Act Amendments Act (ADAAA) of 2008 also includes the operation of a major bodily function, including but limited to:

- Functions of the immune system;
- Normal cell growth;
- Digestive;
- Bowel;
- Bladder;
- Neurological;
- Brain;
- Respiratory;
- Circulatory;
- Endocrine; and
- Reproductive functions

