

ADL / IADL Checklist

Using a person's functioning level as it relates to **Activities of Daily Living (ADL)** and **Instrumental Activities of Daily Living (IADL)** can help with determining the level of care assistance that person needs. Use this easy list to get a baseline of needs based on the actual activities it takes to maintain independence.

- **Activities of Daily Living (ADLs)** are activities in which people engage on a day-to-day basis. These are everyday *personal care* activities that are fundamental to caring for oneself and maintaining independence.
- **Instrumental Activities of Daily Living (IADLs)** are activities related to *independent living* and are valuable for evaluating persons with early-stage disease, both to assess the level of disease and to determine the person's ability to care for himself or herself.

Use the Activities of Daily Living and Instrumental Activities of Daily Living lists below and check the level of function for the person as it relates to each activity.

Activities of Daily Living (ADL)

ADL Function	Independent	Needs Help	Dependent	Cannot Do
Bathing				
Dressing				
Grooming				
Mouth care				
Toileting				
Transferring bed/chair				
Walking				
Climbing stairs				
Eating				



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Instrumental Activities of Daily Living (IADL)

IADL Function	Independent	Needs Help	Dependent	Cannot Do
Shopping				
Cooking				
Managing medications				
Using the phone and looking up numbers				
Doing housework				
Doing laundry				
Driving or using public transportation				
*Managing finances				

**Financial management should never be done by the same person who is providing care.*

Recognizing a person's limitations is the first step in developing a care plan (or making a referral for care) to provide the appropriate type and level of assistance. Determining the type of ADL and IADL care that is needed also enables a clear idea of whether or not staying at home with care is an option. For further assistance in determining appropriate care needs, or for a comprehensive geriatric care assessment by a professional, contact **Care Response**.