

Checking on ADLs and IADLs

Life tasks are essential self-care activities that we either complete on our own or with assistance from others.

Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs) are the categories that professionals typically use to group the major everyday chores.

Activities of Daily Living (ADLs) are things we learn early in life, such as walking, self-feeding, dressing, toileting, and bathing.

Instrumental Activities of Daily Living (IADLs) are self-care items that require more detailed cognitive skills and which we usually learn as young adults, such as managing finances, medication, driving, and house-cleaning.

It's important to spot problems with life tasks. New problems can be a sign of a medical problem that needs attention.

Check off which of these apply to the older person you're concerned about.

Activity (Common problems in Parentheses)	Needs NO Help	Needs SOME Help	Needs FULL Help	Notes
ADL's				
Transferring (Difficulties moving from bed to chair/wheelchair, or from sitting to standing, or trouble getting in position to use a walker)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Dressing (Trouble choosing clothes appropriate to weather or event, wearing same clothes over and over, struggling to get clothes on)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Toileting (Trouble using the toilet independently or signs of accidents or incontinence)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Bathing (Avoiding showers, or trouble bathing independently)	☐	☐	☐	
Feeding (Not getting food into mouth, difficulty swallowing)	☐	☐	☐	
Walking and getting around (Any difficulty, especially on steps, any tripping on feet, or trouble getting across a room independently)	☐	☐	☐	
IADL's				
Grooming (Forgetting to shave, trouble fixing hair or applying makeup, looking unkempt)	☐	☐	☐	
Finances (Unopened or unpaid bills, trouble making change)	☐	☐	☐	
Transportation (Trouble driving, using public transit)	☐	☐	☐	
House-cleaning and chores (Unkempt home or yard)	☐	☐	☐	
Shopping (Lack of food or supplies in house, Online buying sprees)	☐	☐		
Meal preparation (No longer cooking, dishes in sink)	☐	☐	☐	
Using telephone and managing mail (unopened mail, stops answering calls)	☐	☐	☐	
Managing medications (not taking as recommended, not refilling regularly)	☐	☐	☐	