

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 your loved one needs. Use this easy list to get a baseline of needs built 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 a 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 your loved one as it relates to each activity.

Activities of Daily Living (ADL)

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

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				
Housework				
Laundry				
Driving or using public transportation				
Managing finances				

Recognizing a person's areas of need 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 care assessment by a professional, contact [Cedarhurst Senior Living](#).

