

ADL / IADL Checklist

You can assess a patient's functional abilities by asking about their Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs). ADLs are activities in which people engage on a day-to-day basis. IADLs are activities related to independent living. ADLs are basic personal care activities related to maintaining hygiene and health. IADLs are higher-level activities that enable a person to live independently in the community.

Use the following checklists to check the level of function relating to each activity.

ADL Checklist

ADL Function	Independent	Needs Help
Bathing		
Dressing		
Transferring, e.g., from bed to chair		
Toileting		
Grooming		
Feeding oneself		

IADL Checklist

ADL Function	Independent	Needs Help
Using the telephone		
Preparing meals		
Managing household finances		
Taking medications		
Doing laundry		
Doing housework		
Shopping		
Managing transportation		