

## Activities of Daily Living Scale

**Patient Name:** \_\_\_\_\_

**Date Completed:** \_\_\_\_\_

**Name & relationship of person completing form:** \_\_\_\_\_

For each area of functioning listed below check description that applies.  
(The word assistance means supervision, direction or personal assistance)

A. BATHING - either sponge bath, tub, or shower

- ☐ Receives no assistance
- ☐ Receives assistance w/only 1 body part
- ☐ Receives assistance w/more than 1 body part

B. DRESSING - gets clothes from closet and drawers including under-clothes

- ☐ Gets clothes & gets completely dressed independently
- ☐ Gets clothes & gets dressed except for shoes/socks
- ☐ Receives assistance on choosing clothes or getting dressed

C. TOILETING-going to the toilet room for bowel and bladder elimination

- ☐ Independent with toileting
- ☐ Receives assistance with getting to toilet and/or cleaning self
- ☐ Uses bedpan

D. TRANSFERRING-in and out of bed and to chair

- ☐ Transfers without assistance (may use assistive device such as cane, walker)
- ☐ Transfers with assistance
- ☐ Unable to assist with transfer /Bedbound

E. CONTINENCE

- ☐ Continent of Bowel & Bladder
- ☐ Has occasional "accidents"
- ☐ Incontinent, briefs or catheter used

F. FEEDING

- ☐ Feeds self without assistance
- ☐ Feeds self except for cutting meat or buttering bread
- ☐ Receives assistance in feeding, or hand fed, tube, IV

## **Instrumental Activities of Daily Living Scale**

For each area of functioning listed below check description that applies.  
(The word assistance means supervision, direction or personal assistance.)

### **A. ABILITY TO USE TELEPHONE**

- ☐ Operates telephone on own initiative
- ☐ Dials a few well known numbers
- ☐ Answers telephone but does not dial
- ☐ Does not use telephone at all

### **B. SHOPPING**

- ☐ Takes care of all shopping needs
- ☐ Shops independently for small purchases
- ☐ Needs to be accompanied on shopping trips
- ☐ Completely unable to shop

### **C. FOOD PREPARATION**

- ☐ Prepares and serves adequate meals
- ☐ Prepares adequate meals if supplied w/ingredients
- ☐ Prepares meals but does not maintain adequate diet
- ☐ Needs to have meals prepared & served

### **D. HOUSEKEEPING**

- ☐ Maintains house alone or w/occasional assistance
- ☐ Performs light daily tasks adequately
- ☐ Performs light daily tasks but not adequately
- ☐ Needs help w/all home maintenance tasks
- ☐ Does not participate an any housekeeping tasks

### **E. LAUNDRY**

- ☐ Does personal laundry completely
- ☐ Launders only small items
- ☐ All laundry must be done by others

### **F. MODE OF TRANSPORTATION**

- ☐ Travels independently on public transit or car
- ☐ Arranges own travel via taxi (dial-a-ride)
- ☐ Travel limited to taxi or auto with assistance
- ☐ Does not travel at all

### **G. MEDICATION MANAGEMENT**

- ☐ Manages medications independently
- ☐ Manages medications if prepared in advance by other (e.g., someone prepares pillbox)
- ☐ Is not capable of dispensing/remembering to take own medications

### **H. FINANCIAL MANAGEMENT**

- ☐ Manages all finances independently
- ☐ Manages daily purchases, needs assistance with major purchases
- ☐ Incapable of managing finances