

# Activities of Daily Living Checklist



Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs) measure a person's independent functioning. ADLs can be thought of as tasks learned as children, while IADLs are more complex tasks learned as teenagers.

These tools allow professionals to determine the level of care someone needs in a community. To get an idea of the care your loved one needs, you can use this checklist to document where they need help.

- Bathing - Able to completely bathe oneself, or needs help cleaning a single part of the body.
- Dressing - Can pick out appropriate clothing and get dressed. May need help tying shoes.
- Toileting - Able to use the restroom without help, including getting on and off the toilet and cleaning after use, taking off and putting on clothes.
- Transferring - Can get in and out of a chair or bed without help, excluding mechanical transferring aids.
- Continence - Able to completely control bladder and bowels.
- Eating - Can eat without assistance, though food may be prepared for them.

# Daily ADL Checklist

ADLs	Independent	Some Assistance Needed	Complete Assistance Needed	Cannot Do
Bathing				
Dressing				
Toileting				
Transferring				
Continence				
Eating				

