

Instrumental 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.

- Telephone - Able to answer the phone and call friends, family, or other well-known contacts.
- Shopping - Can handle all purchases without assistance.
- Food Prep - Able to plan, prepare, and serve all meals and snacks.
- Housekeeping - Can complete light housekeeping tasks with or without help.
- Laundry - Able to complete some or all personal laundry..
- Transportation - Can drive oneself or arrange transportation with or without assistance.
- Medication - Able to take the appropriate amount of medication at the correct time without supervision or prompting.
- Finances - Can handle some or all finances with little to no help.

Daily IADL Checklist

IADLs	Independent	Some Assistance Needed	Complete Assistance Needed	Cannot Do
Telephone				
Shopping				
Food Prep				
Housekeeping				
Laundry				
Transportation				
Medication				
Finances				



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