

ADL/IADL CHECKLIST

Use this easy checklist to determine what activities require assistance.

Activities of Daily Living (ADL) Everyday personal care activities that are fundamental to caring for oneself and maintaining independence.

Instrumental Activities of Daily Living (IADL) Activities related to independent living and used to determine the person's ability to care for himself or herself.

Activities of Daily Living (ADL)

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

Instrumental Activities of Daily Living (IADL)

IADL Function	Independent	Needs Help	Dependent	Cannot Do
Shopping				
Cooking				
Manage medication				
Using the phone, a looking up numbers				
Doing house work				
Doing laundry				
Driving or using public transportation				

Recognizing ADL or IADL limitations provides a clear understanding of the appropriate housing option needed. For assistance in locating senior housing options in your area, visit www.caryassistedliving.com or contact our office (919)439.7346 to schedule a free consultation.

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