

ADLs and IADLs Checklist

Activities of Daily Living (ADLs): Basic personal care activities related to maintaining hygiene and health in which people engage on a daily basis.

Instrumental Activities of Daily Living (IADLs): Higher-level activities that enable a person to live independently in the community.

ADL Checklist:

Activity	Independent	Needs Help
Bathing		
Grooming		
Dressing		
Toileting		
Eating/feeding oneself		
Transferring (e.g. from bed to chair)		

IADL Checklist:

Activity	Independent	Needs Help
Preparing meals		
Managing finances		
Managing medication		
Doing chores		
Grocery shopping		
Managing transportation		