

Activities of Daily Living Work Sheet



Activities of daily living (ADLs) are activities that gauge an individual's ability to perform basic self-maintenance. They are used in the healthcare industry for proper living environments and to ensure safety. ADLs focus on tasks that people utilize every day. ADLs focus on tasks that people utilize every day. ADLs focus on tasks that people utilize every day.

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EATING



DRESSING



- Monitor status
- Identify limitations
- Establish quality baseline
- Develop care plan
- Implement intervention programs
- Monitor progress
- Plan for the future and for discharge
- Measure outcomes of rehabilitation
- Provide data for Evidence Based Practice

The worksheet below is not meant to replace the ADL worksheets professional caregivers use. It's an aggregated worksheet based on observations made by Carmen and I, as well as other ADL worksheets used in the United States.

You should use it to evaluate an Aging loved one, or even for self-evaluation. Self-evaluation is always problematic, so it's wise to have someone else evaluate you as well, so you have some objective view of where you're at physically. But Carmen and I actually use the tables below to ask ourselves some tuff questions.

Note: If A or B is Yes (0) it is likely the questions below are also Yes (0). The wording can be a bit confusing. Also, if someone requires lots of help, they also require moderate help. So you should be answering N (1) for all the questions that come after the level of assistance needed.

1 - MOBILITY / WALKING CAPABILITY	Y (0)	N (1)
A. Capable of walking around the house, mall or town (fully mobile)		
B. Can walk the residence, including stairs, and a few hundred feet (can get mail)		
C. Can walk for only short distances and needs help getting in & out of chairs and climbing stairs		
D. Can walk without assistance of a cane or walker or wheelchair to get around		
E. Can sit unsupported in chair or wheelchair, and propel/move self without help		
F. Is up and doing something (not bedridden) more than half the time		

Total Score (0 – 6)		
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The higher the score, the more assistance required.

Key reasons why do we care:

- Good indicator of whether an Ager can be left alone in the house (i.e., could turn off the stove, leave the house in an emergency, etc.)
- Intermediate indicator of whether an Ager can watch a spouse and keep the spouse safe in an emergency

2 - MOBILITY / TRANSFERRING CAPABILITY	Y (0)	N (1)
A. Can independently move from chair to standing		
B. Can independently move from standing to chair		
C. Can independently move from standing to bed		
D. Can independently move from bed to standing		

Total Score (0 – 4)		
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The higher the score, the more assistance required.

Key reasons why we care:

- Good indicator of whether an Ager can be left relatively unsupervised overnight (i.e., can get in and out of bed to use the toilet (or a bedside toilet), can sit up or get out of bed to be in a position to drink liquid or take pills, etc.)

3 - TOILETING / INCONTINENCE CAPABILITY	Y (0)	N (1)
A. Cares for self at toilet completely; no incontinence		
B. Cares for self, although incontinent, using catheter or bag completely		
C. Does not require help managing incontinence (reminders to use the toilet, help cleaning, etc) more than once a week		
D. Does not require help with soiling or wetting while asleep more than once a week		
E. Does not require help soiling or wetting while awake more than once a week		
F. Has control of bowels or bladder		
G. Does not require help using their catheter (or doesn't need catheter)		
H. Does not require help using their colostomy bag (or doesn't need a bag)		

Total Score (0 – 8)		
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The higher the score, the more assistance required.

Key reasons why we care:

- High scores indicate Ager needs attention to stay clean and manage basic bodily functions (i.e., without regular assistance, Ager cannot stay clean and is at risk for health problems (bedsores, infections), etc.)

Instrumental Activities of Daily Living (IADLs)

Instrumental Activities of daily living (IADLs) are activities that gauge an individual's ability to live independently. These tasks focus on tasks and abilities of daily living concerned with a person's ability to cope with his or her environment

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transportation

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IADLs

- Ability to
- Shopping
- Food preparation
- Housework

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