

Activities of Daily Living Checklist

Mark the capability for each ADL/IADL to help determine whether an individual needs additional assistance. The need for care increases as responses gravitate toward the right side of the chart.

ACTIVITY	INDEPENDENT	NEEDS HELP	DEPENDENT	CANNOT DO
Transferring (to/from bed, chair, etc.)				
Oral Care				
Toileting				
Personal Hygiene				
Bathing/Showering				
Dressing				
Eating				
Cooking				
Managing Medications				
Laundry				
Housework/Cleaning				
Operating a Phone				
Driving				
Paying Bills				
Walking				
Using Stairs				

If you're unsure whether professional care is needed, contact us. Our supervisors are available 24/7 to answer questions or schedule a free assessment.

800.775.6380

familyresourcehomecare.com

