

ADL/IADL Worksheet

There is no right or wrong for the scale of 1 to 3 so use your best judgment. Scoring this way allows small changes to be caught early and supports your concerns with other family members about ongoing deterioration of ADLs and IADLs. Update frequently.

Example: Changes to bathing scoring over time

1. Bathroom needs to be prepped for a shower—towels laid out; water turned on
2. Needs help getting into the walk-in shower
3. Needs help washing hair

ADLs / IADLs	Requires Assistance	No Assistance Needed	Some Assistance Needed	Complete Assistance Needed	Notes
Bathing					
Dressing					
Grooming					
Oral care					
Toileting					
Transferring					
Walking					
Climbing stairs					
Eating					
Shopping					
Cooking					
Managing medications					
Uses the phone					
Housework					
Laundry					
Driving					
Managing finances					
Totals					

* Developed by PBS.org and AARP. Adapted: Advocate for Mom and Dad, LLC