

ADL and IADL CHECKLIST

Activities of Daily Living (ADL)

- Can you clean yourself and get in and out of the shower or bathtub?
- Can you pick out your clothes, put them on and take them off?
- Can you control bladder and bowel function, get to and on the toilet, and clean yourself?
- Can you feed yourself using utensils?
- Can you walk or get around?

Instrumental Activities of Daily Living (IADL)

- Can you drive or arrange other transportation for yourself?
- Can you handle your money and pay your bills?
- Can you send mail, use phones, and keep up with incoming calls and messages?
- Can you get your medicine and take the correct dose at the correct time?
- Can you clean your home, such as washing dishes?
- Can you shop for all your needs?