# INSTRUMENTAL ACTIVITIES OF DAILY LIVING SCALE (IADL)

Form # 311 (8/16)

**Name:** ________________________________________________________________  **Date:** ____________________

**DOB:** ____________________________

## A. Ability to use telephone
1. Operates telephone on own initiative, looks up and dials numbers, etc. 1
2. Dials a few well-known numbers 1
3. Answers telephone but does not dial 0
4. Does not use telephone at all 0

## B. Shopping
1. Takes care of all shopping needs independently 1
2. Shops independently for small purchases 1
3. Needs to be accompanied on any shopping trip 0
4. Completely unable to shop 0

## C. Food Preparation
1. Plans, prepares and serves adequate meals independently. 1
2. Prepares adequate meals if supplied with ingredients 0
3. Heats, serves and prepares meals or prepares meals but does not maintain adequate diet. 0
4. Needs to have meals prepared and served 0

## D. Housekeeping
1. Maintains house alone or with occasional assistance (e.g. “heavy work domestic help”) 1
2. Performs light daily tasks such as dish washing and bed making 1
3. Performs light daily tasks but cannot maintain acceptable level of cleanliness 0
4. Needs help with all home maintenance tasks. 0
5. Does not participate in any housekeeping tasks 0

## E. Laundry
1. Does personal laundry completely 1
2. Launders small items; rinses stockings, etc. 1
3. All laundry must be done by others 0

## F. Mode of Transportation
1. Travels independently on public transportation or drives own car 1
2. Arranges own travel via taxi, but does not otherwise use public transportation 1
3. Travels on public transportation when accompanied by another 1
4. Travel limited to taxi or automobile with assistance of another 0
5. Does not travel at all 0

## G. Responsibility for own medications
1. Is responsible for taking medication in correct dosages at correct time 1
2. Takes responsibility if medication is prepared in advance in daily pill box 0
3. Is not capable of dispensing own medication 0

## H. Ability to handle finances
1. Manages financial matters independently (budgets, writes checks, pays rent, pays bills, goes to bank), collects and keeps track of income. 1
2. Manages day-to-day purchases, but needs help with banking, major purchases, etc. 0
3. Incapable of handling money 0

**Total:__________________**  **Total:__________________**