

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 1
- 4. Does not use telephone at all 0

B. Shopping

- 1. Takes care of all shopping needs independently 0
- 2. Shops independently for small purchases 0
- 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 1
- 4. Needs help with all home maintenance tasks. 1
- 5. Does not participate in any housekeeping tasks 0

Total _____

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. 1
- 3. Incapable of handling money 0

Total _____

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