

ASSESSMENT OF INSTRUMENTAL ACTIVITIES OF DAILY LIVING (IADLs)

Instructions: Circle the appropriate **Value** in each section, and enter it where indicated in the **Score** Column. Add the value numbers to obtain total score.

Value	ACTIVITY	Score
	USING THE TELEPHONE	
3	Operates telephone on own initiative; looks up and dials numbers, etc.	
2	Answers phone, dials a few familiar numbers	
1	Answers telephone but does not make calls	
0	Does not use telephone at all	
	SHOPPING	
3	Takes care of all shopping needs independently	
2	Shops independently for small purchases	
1	Needs to be accompanied on any shopping trip	
0	Does not go shopping at all	
	PREPARING FOOD	
3	Plans, prepares and serves adequate meals independently	
2	Prepares adequate meals if supplied with ingredients	
1	Heats and serves prepared meals, or prepares meals but does not maintain adequate diet	
0	Needs to have meals prepared and served	
	HOUSEKEEPING	
4	Maintains house alone or with occasional assistance	
3	Performs light daily tasks such as dish-washing and bed-making	
2	Performs light daily tasks but cannot maintain acceptable level of cleanliness	
1	Needs help with all housekeeping tasks	
0	Does not participate in any housekeeping tasks	
	DOING LAUNDRY	
2	Does personal laundry completely	
1	Launders small items; rinses socks, stockings, etc.	
0	All laundry must be done by others	

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USING TRANSPORTATION		
4	Travels independently on public transportation or drives own car	
3	Arranges own travel via taxi, but does not drive or use public transportation independently	
2	Travels on public transportation when assisted or accompanied by another	
1	Travel limited to taxi or automobile, with assistance of another	
0	Does not travel at all	
HANDLING MEDICATION		
2	Is responsible for taking medication in correct dosages at correct time	
1	Takes responsibility if medication is prepared in advance in separate dosages	
0	Is not capable of dispensing own medication	
HANDLING FINANCES		
2	Manages all financial matters independently	
1	Manages day-to-day purchases, but needs help with banking, major purchases, etc.	
0	Incapable of handling money	
TOTAL SCORE		

Possible total score ranges from 0 to 23. There is no "passing" grade - rather the assessment is intended help clarify the need level of your loved one. Any score under 23 indicates one or more areas of need.

Adapted from the [University of Nebraska Geriatric Assessment Center IADL Scale](#)

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contact@sageminder.com

