

ADL and IADL Functional Impairment Status

Older Americans Act programs use the Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IADL) functional impairment scale to identify individuals with functional limitations.

If the Total Number of ADLs & IADLs is...	Then Client is...
0	Independent, has no functional limitations.
1-2	Frail, has minimal or mild functional impairments
3 or greater	Severely disabled and vulnerable to loss of independence

Client/Elderly Care Receiver Activities of Daily Living (ADL) Fields	
Eating	<p>Reaching for, picking up, grasping utensil and cup; getting food on utensil, bringing food, utensil, cup to mouth, chewing, swallowing food and liquids, manipulating food on plate. Cleaning face and hands as necessary following a meal.</p> <p>1-Independent: Able to feed self. 3-Some human help: Assistance needed during meal, e.g., to apply assistive device, get beverage or push more food to within reach, etc., but constant presence of another person not required. 5-Dependent: Unable to feed self at all.</p>
Bathing	<p>Bathing means cleaning the body using a tub, shower, or sponge bath including getting a basin of water, managing faucets, getting in and out of a tub, reaching head and body parts for soaping, rinsing, and drying.</p> <p>1-Independent: Able to bathe self safely. 3-Some human help: Generally able to bathe self, but needs assistance. 5-Dependent: Totally dependent on others for bathing.</p>
Toileting	<p>Able to move to and from, on and off toilet or commode, empty commode, manage clothing and wipe and clean body after toileting, use and empty bedpans, ostomy and/or catheter receptacles and urinals, apply diapers and disposable barrier pads. Menstrual care: able to apply external sanitary napkin and clean body.</p> <p>1-Independent: No assistance needed. 3-Some human help: Requires minimal assistance with some activities, but the constant presence of the provider is not necessary) 5-Dependent: Requires physical assistance in all areas of care.</p>
Transferring In/Out of Bed/Chair	<p>Moving from one sitting or lying position to another sitting or lying position; e.g., from bed to or from a wheelchair, or sofa, coming to a standing position and/or repositioning to prevent skin breakdown.</p> <p>1-Independent: Able to do all transfers safely. 3-Some human help: Requires some help from another person; e.g., routinely requires a boost or assistance with positioning. 5-Dependent: Totally dependent upon another person for all transfers.</p>
Walking	<p>Walking or moving inside, moving from one area of indoor space to another without necessity of handrails. Can respond adequately to the presence of obstacles that must be stepped around. Includes ability to go from inside to outside and back.</p> <p>1-Independent: No assistance needed. 3-Some human help: Requires minimal assistance from another person to negotiate a wheelchair or to steady the person or guide them in the desired direction. 5-Dependent: Totally dependent upon another person, must be carried, lifted, or pushed in a wheelchair or on a gurney at all times.</p>
Dressing	<p>Putting on and taking off, fastening and unfastening garments and undergarments, special devices such as back braces, corsets, elastic stockings/garments and artificial limbs or splints.</p> <p>1-Independent: Able to put on, fasten and remove all clothing and devices without assistance; clothes self appropriately for health and safety. 3-Some human help: Unable to dress self completely, without the help of another person, e.g., tying shoes, buttoning, zipping, putting on hose or brace, etc. 5-Dependent: Unable to dress self at all.</p>

Client/Elderly Care Receiver Instrumental Activities of Daily Living (IADL) Fields	
Meal Preparation	<p>Planning menus. Washing, peeling, slicing vegetables, opening packages, cans, and bags, mixing ingredients, lifting pots and pans, re-heating food, cooking, safely operating stove, setting the table, serving the meal, cutting food into bite-sized pieces. Washing, drying, and putting away the dishes.</p> <p>1-Independent: No assistance needed. 3-Some human help: Requires another person to prepare and clean up main meals on less than a daily basis; e.g., can reheat food prepared by someone else, can prepare simple meals and/or needs help with cleanup on a less than daily basis. 5-Dependent: Totally dependent upon another person to prepare and clean up all meals.</p>
Shopping	<p>Compile list, bending, reaching, and lifting, managing cart, or basket, identifying items needed, transferring items to home, putting items away, ordering prescriptions over the phone and picking them up, and buying clothing.</p> <p>1-Independent: Can perform all tasks without assistance. 3-Some human help: Requires the help of another person for some tasks while shopping such as reaching and carrying items. 5-Dependent Unable to perform any tasks for self.</p>
Medication Management	<p>Physically and mentally able to identify, organize, schedule, handle, and consume (inject, instill or insert) the correct amount of the prescribed medication at the specified time according to a doctor's prescription.</p> <p>1-Independent: Can identify, measure, organize, and self-administer prescribed medication. 3-Some human help: Requires some human help such as scheduling medications, opening the container, measuring the amount of medication. 5-Dependent: Cannot perform any part of this function.</p>
Money Management	<p>Physically and mentally handles the receipt of monies, expenditures, and receipt and payment of bills in a timely and primarily correct manner.</p> <p>1-Independent: Handles all financial matters. 3-Some human help: For either physical or mental reasons may need assistance in doing banking, writing checks, etc. 5-Dependent: Unable to attend to any part of the necessary financial transactions to receive and disburse funds to meet daily needs.</p>
Using Telephone	<p>Obtains number, dials, handles receiver, can speak and hear response, and terminates call, may include use of instrument with loudspeaker or hearing devices. Able to use telephone during emergency situations to call 911 or other help.</p> <p>1-Independent: Can obtain and dial number without assistance. 3-Some human help: Needs human assistance to obtain number or dial. 5-Dependent: Unable to use phone at all.</p>
Heavy Housework	<p>Cleaning oven and stove, cleaning and defrosting refrigerator, moving light furniture to clean under and behind, vacuuming upholstery and under cushions, providing deep cleaning activities such as washing and cleaning baseboards, window tracks, cabinets, doors, drapes/blinds, etc.</p> <p>1-Independent: Able to perform all domestic chores. 3-Some human help: Requires physical assistance from another person for some domestic chores. 5-Dependent: Totally dependent upon others for all domestic chores.</p>
Light Housework	<p>Sweeping, vacuuming, mopping floors, washing kitchen counters and sinks, cleaning bathroom, taking out garbage, dusting and picking up.</p> <p>1-Independent: Able to perform all light domestic chores. 3-Some human help: Requires physical assistance from another person for some domestic chores. 5-Dependent: Totally dependent upon others for all domestic chores.</p>
Transportation	<p>Using private or public vehicles, cars, buses, trains, or other forms of transportation to get to medical appointments, purchase food, shop, pay bills, or arrange for services, to socialize and participate in entertainment or religious activities. Can arrange for getting and using public transportation; or get to, enter and operate a private vehicle.</p> <p>1-Independent (can arrange, get to, enter and travel in public or private vehicles) 3-Some human help (requires physical assistance to make transportation arrangements; i.e., calling, writing instructions about time and place, can ride with others if assisted into and out of the vehicle) 5-Dependent (unable to travel at all by self)</p>