

IADL Checklist

(Instrumental Activities of Daily Living)

What are IADLs?

Instrumental Activities of Daily Living, or IADLs, are the things you do every day to care for yourself, your family, and your home, such as cooking, housekeeping, shopping, and using your phone. Difficulties with these tasks often correspond to how much care and assistance a senior may need.

Use the IADL checklist below to assess your loved one's functional status and determine what level of care will suit their unique needs. For each activity, check the box next to the task level your loved one is capable of doing. At the end of the assessment, add up your points to determine your loved one's level of independence.



Cleaning and Housekeeping

- ☐ **+4** Maintains house upkeep on their own or with minimal assistance
- ☐ **+3** Needs some assistance with daily house chores but can perform light tasks like dish cleaning and bed making
- ☐ **+2** Requires significant assistance with daily housekeeping
- ☐ **+1** Cannot maintain an acceptable level of cleanliness on their own

Laundry

- ☐ **+4** Washes, folds, and stores personal laundry completely on their own
- ☐ **+3** Needs some assistance with laundry but can launder small items, such as rinsing stockings
- ☐ **+2** Requires significant assistance and guidance washing clothes or operating laundry machines
- ☐ **+1** Cannot do laundry on their own at all

Managing Money

- ☐ **+4** Manages personal finances independently; budgets, writes checks, pays bills, goes to bank, collects and keeps track of income on their own
- ☐ **+3** Manages day-to-day purchases but needs assistance with banking or and major transactions
- ☐ **+2** Requires assistance making purchases and transactions of any kind
- ☐ **+1** Cannot handle money on their own at all

Managing Medications

- ☐ +3 Responsibly takes their medication in correct dosages at correct time without assistance
- ☐ +2 Needs assistance managing medications; takes medications responsibly if they are prepared or distributed in advance by another person
- ☐ +1 Cannot dispense their own medication at all

Cooking and Preparing Meals

- ☐ +4 Plans, prepares, and serves adequate meals independently
- ☐ +3 Needs some assistance; can complete simple tasks like peeling potatoes and chopping vegetables but needs help cooking or operating kitchen appliances
- ☐ +2 Can plan adequate meals but requires full assistance with preparation and cooking
- ☐ +1 Cannot plan or prepare their own meals at all

Shopping

- ☐ +3 Takes care of all shopping needs independently, including for groceries and other necessities
- ☐ +2 Needs some assistance or guidance while shopping
- ☐ +1 Cannot not shop on their own at all

Transportation

- ☐ +3 Travels independently on public transportation or drives their own car
- ☐ +2 Cannot operate their own vehicle but can manage adequate use of public transportation with assistance or accompaniment
- ☐ +1 Does not drive or arrange their own rides at all; fully reliant on someone else for travel needs

Using Communication Devices

- ☐ +3 Uses a phone and the internet to communicate on own initiative
- ☐ +2 Needs assistance dialing the phone or using internet
- ☐ +1 Does not use phone or internet on their own at all

Add up the scores Total Points _____

The higher the score on this assessment, the more independent your loved one is. If your loved one's score is below 20, or if you've noticed a drastic decline in their score from previous assessments, it may be time to consult with a medical professional about increasing your loved one's level of support or seeking expert assistance. Consider reaching out to an A Place for Mom [Senior Living Advisor](#) to discover the care option that's right for you.