

Form D: to be completed by patient

INSTRUMENTAL ACITIVITIES OF DAILY LIVING SCALE (IADL)

Circle the number to the right of the statement that best describes your/subject's ability with the following tasks.

A. Ability to use telephone

- | | |
|---|---|
| 1. Operates telephone on own initiative; Looks up and dials numbers | 1 |
| 2. Dials a few well-known numbers | 1 |
| 3. Answers telephone but does not dial | 1 |
| 4. Does not use the telephone at all | 0 |

B. Shopping

- | | |
|---|---|
| 1. Takes care of all shopping needs independently | 1 |
| 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 (i.e. heavy work) | 1 |
| 2. Performs light daily tasks such as dishwashing, 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 |

E. Laundry

- | | |
|--|---|
| 1. Does personal laundry completely | 1 |
| 2. Launders small items; i.e. rinses stockings | 1 |
| 3. All laundry must be done by others | 0 |

F. Mode of transportation

- | | |
|--|---|
| 1. Travels independently on public transport or drives own car | 1 |
| 2. Arranges own travel via taxi, but does not otherwise use public transport | 1 |
| 3. Travels on public transport when accompanied by another | 1 |
| 4. Travel limited to taxi or car with the assistance of another | 1 |
| 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 separate dosages. | 0 |
| 3. Is not capable of dispensing own medication | 0 |

H. Ability to handle finances

- | | |
|--|---|
| 1. Manages financial matter independently (budgets, writes checks, pays rent, bills go to bank, collects and keeps track of income). | 1 |
| 2. Manages day-to-day purchases, but needs help with banking or major purchases | 1 |
| 3. Incapable of handling money | 0 |