

Monrovia Providers Group

Foothills Resources for the Aging

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Activities of Daily Living Checklist

You may use the following to evaluate Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IDAL).

ADL/IADL	Independent	Needs some help	Needs a lot of help	Not Applicable
Bathing or Shower				
Dressing				
Grooming				
Oral Care				
Toileting / Diapers				
Transferring				
Walking (Ambulate)				
Climbing Stairs				
Eating				
Shopping				
Cooking				
Manage medication				
Use the telephone				
Housework				
Laundry				
Drive or arrange transportation				
Manage Finances-pay bills				