

ADL / IADL Checklist

Using a person's functioning level as it relates to Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IADL) can help with determining the level of care assistance that person needs. Use this easy list to get a baseline of needs based on the actual activities it takes to maintain independence.

- **Activities of Daily Living (ADLs)** are activities in which people engage on a day-to-day basis. These are *everyday personal care* activities that are fundamental to caring for oneself and maintaining independence.
- **Instrumental Activities of Daily Living (IADLs)** are activities related to *independent living* and are valuable for evaluating persons with early-stage disease, both to assess the level of disease and to determine the person's ability to care for himself or herself.

Use the Activities of Daily Living and Instrumental Activities of Daily Living lists below and check the level of function for the person as it relates to each activity.

Activities of Daily Living (ADL)

ADL Function	Independent	Needs Help	Dependent	Cannot Do
Bathing				
Dressing				
Grooming				
Mouth care				
Toileting				
Transferring bed/chair				
Walking				
Climbing stairs				
Eating				

Instrumental Activities of Daily Living (IADL)

IADL Function	Independent	Needs Help	Dependent	Cannot Do
Shopping				
Cooking				
Managing medications				
Using the phone and looking up numbers				
Doing housework				
Doing laundry				
Driving or using public transportation				
*Managing finances				

**Financial management should never be done by the same person who is providing care.*

Recognizing a person's limitations is the first step in developing a care plan (or making a referral for care) to provide the appropriate type and level of assistance. Determining the type of ADL and IADL care that is needed also enables a clear idea of whether or not staying at home with care is an option.

Nursing home costs can exceed \$100,000 per year depending upon the state that you live in, here in the Northeast, several states reach as high as \$130,000/yr. Medicaid will pay your nursing home costs once you qualify. Many myths exist that make people believe that they have to spend all of their money or give the family house away and be penniless.

We can show you how to qualify and retain your assets.

If you feel that your loved one may need a nursing home in the near future, contact us to discuss Medicaid planning and speak with one of our Medicaid Eligibility Advisors (MEA)[®]

