



ACTIVITIES OF DAILY LIVING (ADLs)

- The Activities of Daily Living are a series of basic activities performed by individuals on a daily basis necessary for independent living at home or in the community. They are divided into basic and instrumental activities of daily living.
- Problems with BADLs and IADLs usually reflect problems with physical health and/or cognitive health. Identifying functional difficulties can help us diagnose and manage important health problems.
- Be aware of over and underreporting abilities, getting collateral information, cultural influences

Basic ADLs

- The Activities of Daily Basic ADLs (BADLs): These are activities that you do that are necessary for fundamental functioning and are essential activities for survival. Think of these as activities you do when you first wake up in the morning. There are total of 6.
- How to ask: Are you able to do these activities on your own without help?: If not, what help is needed?
 - Bathe?
 - Get dressed?
 - Toilet (using a urinal or physically getting to a toilet)?
 - Transfer out of bed?
 - Maintain continence (controlling your urine)?
 - Feed yourself?
- There is a hierarchy to the ADLs: the earliest function to lose is hygiene, the middle function to lose are toilet use and transfers, and the last function to lose is eating

Instrumental ADLs

- These are activities that you need to do to remain in your living environment. There are total of 8.
- How to ask: Are you able to do these activities on your own without help?: If not, what help is needed?
 - Use the telephone?
 - Shop (for groceries)?
 - Prepare food?
 - Do housekeeping?
 - Do laundry?
 - Drive, or arrange your own transportation?
 - Take your medications?
 - Manage your money?

Basic ADLs	Instrumental ADLs
Bathing	Using the telephone
Dressing	Shopping
Toileting	Food preparation
Transfers	Housekeeping
Continence	Laundry
Feeding	Driving
	Taking medications
	Managing money
BADL score ___/6	IADL score ___/8

Adapted from Katz, S., Down, T.D., Cash, H.R., & Grotz, R.C. Progress in the development of the index of ADL. The Gerontologist. 1970. 10(1): 20-30.