Activities of Daily Living

Are you helping your loved one with any of these normal, daily tasks?

- Taking baths or showers
- Getting dressed or choosing clothes
- Using the bathroom or incontinence care
- Eating
- Transitions: getting up & down from a chair, in & out of bed or a car
- Walking
- Grooming: brushing hair, teeth, shaving

Instrumental Activities of Daily Living

Check any for which your loved one needs full or partial assistance:

- Using the phone (dialing, talking)
- Shopping
- Preparing meals
- Light housework (dishes, taking out trash)
- Heavy housework (laundry, vacuuming, dusting)
- Going up and down stairs
- Handling money (finances)
- Managing medications
- Transportation (driving, public transit)
- Overall indoor and outdoor mobility