

Activities of Daily Living (ADL) Assessment Tool

Personal Information

Name:

Date of Birth:

Gender:

Date of Assessment:

Assessment Conducted By:

Instructions

For each activity, please select the corresponding level of independence:

0 - Dependent: The individual is unable to perform the activity without total assistance.

1 - Partially Dependent: The individual requires assistance/supervision to complete the activity.

2 - Independent with Difficulty: The individual can complete the activity but with some difficulty.

3 - Independent: The individual can perform the activity without any assistance.

ACTIVITIES

Personal Hygiene:

1. Bathing:

0.

Dependent

1.

Partially Dependent

2.

Independent with
Difficulty

3.

Independent

2. Grooming (brushing hair, shaving, etc.):

0.

Dependent

1.

Partially Dependent

2.

Independent with
Difficulty

3.

Independent

3. Dressing (putting on/taking off clothes, fastening buttons/zippers):

0.
Dependent

1.
Partially Dependent

2.
Independent with
Difficulty

3.
Independent

Mobility:

1. Transferring (moving from bed to chair, wheelchair, etc.):

0.
Dependent

1.
Partially Dependent

2.
Independent with
Difficulty

3.
Independent

2. Walking:

0.
Dependent

1.
Partially Dependent

2.
Independent with
Difficulty

3.
Independent

3. Using Assistive Devices (cane, walker, wheelchair):

0.
Dependent

1.
Partially Dependent

2.
Independent with
Difficulty

3.
Independent

Eating:

1. Feeding (ability to feed oneself):

0.
Dependent

1.
Partially Dependent

2.
Independent with
Difficulty

3.
Independent

2. Meal Preparation (cutting food, using utensils):

0.
Dependent

1.
Partially Dependent

2.
Independent with
Difficulty

3.
Independent

Toileting:

1. Toileting (ability to use the toilet independently):

0.
Dependent

1.
Partially Dependent

2.
Independent with
Difficulty

3.
Independent

2. Maintaining Continence (control of bladder and bowel movements):

0.
Dependent

1.
Partially Dependent

2.
Independent with
Difficulty

3.
Independent

Instrumental Activities of Daily Living (IADL):

1. Household Chores (cleaning, laundry, etc.):

0.
Dependent

1.
Partially Dependent

2.
Independent with
Difficulty

3.
Independent

2. Meal Planning and Shopping:

0.
Dependent

1.
Partially Dependent

2.
Independent with
Difficulty

3.
Independent

3. Managing Finances:

0.
Dependent

1.
Partially Dependent

2.
Independent with
Difficulty

3.
Independent

Cognitive Function:

1. Memory (short-term and long-term):

0.
Dependent

1.
Partially Dependent

2.
Independent with
Difficulty

3.
Independent

2. Problem Solving:

0.
Dependent

1.
Partially Dependent

2.
Independent with
Difficulty

3.
Independent

Safety Awareness:

1. Home Safety (awareness of potential hazards at home):

0.
Dependent

1.
Partially Dependent

2.
Independent with
Difficulty

3.
Independent

2. Community Safety (crossing roads, using public transportation):

0.
Dependent

1.
Partially Dependent

2.
Independent with
Difficulty

3.
Independent

Additional Comments