

Activities of Daily Living (ADLs) Checklist

Patient's name: Robert Miller Age: 78 Date: Oct. 12, 2024 Examiner: Sarah Daniels

Activities of daily living (ADLs) / Instrumental activities of daily living (iADLs)	Independent	Supervision	Partial assistance	Total assistance	Comments and notes
Bathing	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Needs help entering the shower safely.
Grooming (hair care, shaving, etc.)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Supervision to prevent nicks while shaving.
Oral care	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Dressing	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Occasionally forgets items like socks.
Clothing upper body	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Clothing lower body	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Struggles with putting on pants without supervision.
Putting on/taking off shoes	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Difficulty tying shoelaces.
Feeding (does not include meal preparation)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Feeding (using utensils)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Drinking (using cups or glasses)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Meal preparation	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Requires supervision with stove use, tends to forget about cooking
Medication management	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Needs reminders to take medications on time.

Activities of daily living (ADLs) / Instrumental activities of daily living (iADLs)	Independent	Supervision	Partial assistance	Total assistance	Comments and notes
Mobility (walking or getting around)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Uses a cane but can walk independently.
Climbing stairs	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Struggles with fatigue on stairs.
Transferring (moving bed to chair, wheelchair, etc.)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Toileting (getting on the toilet, using the toilet, and cleaning themselves)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Continence (controlling bladder and bowel function)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Requires reminders to use the bathroom regularly.
Managing incontinence	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Occasional incontinence, needs supervision.
Housekeeping	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Supervision required for heavy tasks.
Doing laundry	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Requires help carrying heavy loads.
Shopping	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Needs supervision for long trips.

This list integrates both ADLs and iADLs or a more comprehensive and practical approach to evaluating an individual's functional capabilities.

Robert has shown progress in mobility, but struggles with activities involving bending or prolonged standing due to recent hip surgery. He benefits from verbal cues for medication adherence and task sequencing. Continued supervision is recommended for tasks requiring bending or reaching, and he may need help with heavier household chores. Address occasional incontinence by scheduling regular bathroom breaks and offering easy-to-wear clothing.