

## Instrumental Activities of Daily Living (IADL) Scale

Please check [✓] the correct answers

<b>1. Can you use the telephone</b> without help <span style="float: right;">[ ] 3</span> with some help <span style="float: right;">[ ] 2</span> Or are you completely unable to use the telephone? <span style="float: right;">[ ] 1</span>
<b>2. Can you get to places beyond walking distance</b> without help <span style="float: right;">[ ] 3</span> with some help <span style="float: right;">[ ] 2</span> Or are you completely unable to travel unless special arrangements are made? <span style="float: right;">[ ] 1</span>
<b>3. Can you go shopping for groceries</b> without help <span style="float: right;">[ ] 3</span> with some help <span style="float: right;">[ ] 2</span> Or are you completely unable to do any shopping? <span style="float: right;">[ ] 1</span>
<b>4. Can you prepare your own meals</b> without help <span style="float: right;">[ ] 3</span> with some help <span style="float: right;">[ ] 2</span> Or are you completely unable to prepare any meals? <span style="float: right;">[ ] 1</span>
<b>5. Can you do your own housework</b> without help <span style="float: right;">[ ] 3</span> with some help <span style="float: right;">[ ] 2</span> Or are you completely unable to do any housework? <span style="float: right;">[ ] 1</span>
<b>6. Can you do your own handyman work</b> without help <span style="float: right;">[ ] 3</span> with some help <span style="float: right;">[ ] 2</span> Or are you completely unable to do any handyman work? <span style="float: right;">[ ] 1</span>
<b>7. Can you do your own laundry</b> without help <span style="float: right;">[ ] 3</span> with some help <span style="float: right;">[ ] 2</span> Or are you completely unable to do any laundry at all? <span style="float: right;">[ ] 1</span>
<b>8a. Do you take medicines or use any medications?</b> Yes (if yes, answer question 8b) <span style="float: right;">[ ] 1</span> No (if no answer question 8c ) <span style="float: right;">[ ] 2</span> <b>8b. Do you take your own medicine</b> without help (in the right doses at the right time) <span style="float: right;">[ ] 3</span> with some help (if someone prepares it for you and/or reminds you to take it) <span style="float: right;">[ ] 2</span> Or you are completely unable to take your own medicine? <span style="float: right;">[ ] 1</span> <b>8c. If you had to take medicine, could you do it</b> without help (in the right doses at the right time) <span style="float: right;">[ ] 3</span> with some help (if someone prepared it for you and/or reminds you to take it) <span style="float: right;">[ ] 2</span> Or would you be completely unable to take your own medicine? <span style="float: right;">[ ] 1</span>
<b>9. Can you manage your own money</b> without help <span style="float: right;">[ ] 3</span> with some help <span style="float: right;">[ ] 2</span> Or are you completely unable to manage money? <span style="float: right;">[ ] 1</span>
<b>Total score</b> <span style="float: right;">_____</span> <small>Ref: Lawton MP. Scales to measure competence in everyday activities. Psychopharm Bull. 1988; 24 (4): 609-614; 789-791.</small>

Score by (Staff signature) \_\_\_\_\_

Time/Date: \_\_\_\_\_

\_\_\_\_\_  
Signature of Patient or Legal Representative

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Person Completing Form (if not patient)

\_\_\_\_\_  
Relationship to Patient



PATIENT LABEL