

Checklist of Activities of Daily Living

Directions: Check the level of function of each activity of daily living listed below. This will give you direction for determining how much assistance the individual needs in performing activities of daily living.

Function	Independent	Needs Help	Dependent	Does Not Do
Bathing				
Dressing				
Grooming				
Oral Care				
Toileting				
Transferring				
Walking				
Climbing Stairs				
Eating				
Managing Meds				
Using The Phone				
Managing Money				
Housework				
Doing Laundry				
Driving				
Shopping				
Cooking				