

## **WORKSHEET – Instrumental Activities of Daily Living Scale:**

Patient name: \_\_\_\_\_

Date: \_\_\_\_\_

**For each category, circle the item description that most closely resembles the client's highest functional level (either 0 or 1).**

### **Ability to Use Telephone**

Operates telephone on own initiative; looks up and dials numbers	<b>1</b>
Dials a few well-known numbers	<b>1</b>
Answers telephone, but does not dial	<b>1</b>
Does not use telephone at all	<b>0</b>

### **Shopping**

Takes care of all shopping needs independently	<b>1</b>
Shops independently for small purchases	<b>0</b>
Needs to be accompanied on any shopping trip	<b>0</b>
Completely unable to shop	<b>0</b>

### **Food Preparation**

Plans, prepares, and serves adequate meals independently	<b>1</b>
Prepares adequate meals if supplied with ingredients	<b>0</b>
Has prepared meals or prepares meals but doesn't maintain adequate diet	<b>0</b>
Needs to have meals prepared and served	<b>0</b>

### **Housekeeping**

Maintains house alone with occasion assistance (heavy work)	<b>1</b>
Performs light daily tasks such as dishwashing, bed making	<b>1</b>
Performs light daily tasks, but cannot maintain acceptable level of cleanliness	<b>1</b>
Needs help with all home maintenance tasks	<b>1</b>
Does not participate in any housekeeping tasks	<b>0</b>

### **Laundry**

Does personal laundry completely	<b>1</b>
Launders small items, rinses socks, stockings, etc.	<b>1</b>
All laundry must be done by others	<b>0</b>

**Mode of Transportation**

Travels independently on public transportation or drives own car	<b>1</b>
Arranges own travel via taxi, but doesn't otherwise use public transportation	<b>1</b>
Travels on public transportation when assisted or accompanied by another	<b>1</b>
Travel limited to taxi or automobile with assistance of another	<b>0</b>
Does not travel at all	<b>0</b>

**Responsibility for Own Medications**

Is responsible for taking medication in correct dosages at correct time	<b>1</b>
Takes responsibility if medication is prepared in advance in separate dosages	<b>0</b>
Is not capable of dispensing own medication	<b>0</b>

**Ability to Handle Finances**

Manages financial matters independently (budgets, writes checks, pays rent and bills, goes to bank); collects and keeps track of income	<b>1</b>
Manages day-to-day purchases, but needs help with banking, major purchases, etc.	<b>1</b>
Incapable of handling money	<b>0</b>

**Source:**

The Hartford Institute for Geriatric Nursing, New York University,  
Rory Meyers College of Nursing