

Activities of Daily Living Checklist

Use this checklist to determine whether an individual needs help with daily activities, and if so, how much assistance is required.

FUNCTION	INDEPENDENT	NEEDS HELP	DEPENDENT	DOES NOT DO
Bathing				
Dressing				
Grooming				
Oral Care				
Toileting				
Transferring				
Walking				
Climbing Stairs				
Eating				
Shopping				
Cooking				
Managing medications				
Using the Phone				
Housework				
Doing Laundry				
Driving				
Managing Finances				