

Instrumental Activities Of Daily Living (IADLs) Checklist

Mark the level of independence for each activity of daily living to determine if additional assistance would be beneficial.

IADL Activity	No Help Required	Some Help Required	Mostly Dependent On Others	Cannot Do
SHOPPING	☐	☐	☐	☐
COOKING	☐	☐	☐	☐
MEDICATION MANAGEMENT	☐	☐	☐	☐
USING APPS ON THE PHONE	☐	☐	☐	☐
HOUSEKEEPING	☐	☐	☐	☐
DOING LAUNDRY	☐	☐	☐	☐
DRIVING OR USING PUBLIC TRANSPORTATION	☐	☐	☐	☐
MANAGING FINANCES	☐	☐	☐	☐