



# Checklist of Activities of Daily Living (ADL)

Check the level of function of each activity of daily living listed below. This will help you determine how much assistance an elder needs.

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				

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