

# Instrumental Activities of Daily Living (IADL)

**Instructions:** Circle the scoring point for the statement that most closely corresponds to the patient's current functional ability for each task. The examiner should complete the scale based on information about the patient from the patient him-/herself, informants (such as the patient's family member or other caregiver), and recent records.

<u>A. Ability to use telephone</u>	<u>Score</u>	<u>E. Laundry</u>	<u>Score</u>
1. Operates telephone on own initiative; looks up and dials numbers, etc.	1	1. Does personal laundry completely	1
2. Dials a few well-known numbers	1	2. Launders small items; rinses stockings, etc.	1
3. Answers telephone but does not dial	1	3. All laundry must be done by others	0
4. Does not use telephone at all	0		
		<u>F. Mode of transportation</u>	
<u>B. Shopping</u>		1. Travels independently on public transportation or drives own car	1
1. Takes care of all shopping needs independently	1	2. Arranges own travel via taxi, but does not otherwise use public transportation	1
2. Shops independently for small purchases	0	3. Travels on public transportation when assisted or accompanied by another	1
3. Needs to be accompanied on any shopping trip	0	4. Travel limited to taxi or automobile with assistance of another	0
4. Completely unable to shop	0	5. Does not travel at all	0
		<u>G. Responsibility for own medications</u>	
<u>C. Food preparation</u>		1. Is responsible for taking medication in correct dosages at correct time	1
1. Plans, prepares, and serves adequate meals independently	1	2. Takes responsibility if medication is prepared in advance in separate dosages	0
2. Prepares adequate meals if supplied with ingredients	0	3. Is not capable of dispensing own medication	0
3. Heats and serves prepared meals, or prepares meals but does not maintain adequate diet	0		
4. Needs to have meals prepared and served	0	<u>H. Ability to handle finances</u>	
		1. Manages financial matters independently (budgets, writes checks, pays rent and bills, goes to bank), collects and keeps track of income	1
<u>D. Housekeeping</u>		2. Manages day-to-day purchases, but needs help with banking, major purchases, etc.	1
1. Maintains house alone or with occasional assistance (e.g., "heavy work domestic help")	1	3. Incapable of handling money	0
2. Performs light daily tasks such as dishwashing, bed making	1		
3. Performs light daily tasks but cannot maintain acceptable level of cleanliness	1		
4. Needs help with all home maintenance tasks	1		
5. Does not participate in any housekeeping tasks	0		

(Lawton & Brody, 1969)

**Scoring:** The patient receives a score of 1 for each item labeled A – H if his or her competence is rated at some minimal level or higher. Add the total points circled for A – H. The total score may range from 0 – 8. A lower score indicates a higher level of dependence.

**Sources:**

- Cromwell DA, Eagar K, Poulos RG. The performance of instrumental activities of daily living scale in screening for cognitive impairment in elderly community residents. *J Clin Epidemiol.* 2003;56(2):131-137.
- Lawton MP. The functional assessment of elderly people. *J Am Geriatr Soc.* 1971;19(6):465-481.
- Lawton MP, Brody EM. Assessment of older people: self-maintaining and instrumental activities of daily living. *Gerontologist.* 1969;9(3):179-186.
- Polisher Research Institute. Instrumental Activities of Daily Living Scale (IADL). Available at: <http://www.abramsoncenter.org/PRI/documents/IADL.pdf>. Accessed February 15, 2005.