

Test IADL – instrumental activities of daily living

activity	performance	points
1. ability to use telephone	operates telephone on own initiative; looks up and dials numbers, etc. dials a few well known numbers, answers telephone but does not dial does not use telephone at all	10 5 0
2. transport	travels independently on public transportation or drives own car travels on public transportation when assisted or accompanied by another travel limited to taxi or automobile, with assistance of another or does not travel at all	10 5 0
3. shopping	takes care of all shopping needs independently needs to be accompanied on any shopping trip not able to shop at all	10 5 0
4. food preparation	plans, prepares and serves adequate meals independently heats and serves prepared meals, or prepares meals but does not maintain adequate diet needs to have meals prepared and served	10 5 0
5. housekeeping	maintains house alone or with occasional assistance (e.g., heavy-work domestic help) performs light daily tasks such as dish-washing and bed-making, but cannot maintain acceptable level of cleanliness does not participate in any housekeeping tasks	10 5 0
6. laundry	does personal laundry completely launders small items; rinses socks, stockings, etc. all laundry must be done by others	10 5 0
7. responsibility for own medication	is responsible for taking medication in correct dosages at correct time takes responsibility if medication is prepared in advance in separate dosages is not capable of dispensing own medication	10 5 0
8. ability to handle finances	manages financial matters independently (budgets, write checks, pays rent and bills, goes to Bank) collects and keeps track of income manages day-to-day purchases, but needs help with banking, major purchases, etc. incapable of handling money	10 5 0
Evaluation of independence in instrumental activities of daily living 0 – 40 dependent in IADL 45 – 75 partially dependent in IADL 80 independent in IADL		total