

Instrumental ADLs

Instructions: The following questions are asking whether you are able to do an activity, even if you typically do not do that specific activity. Please mark an "X" for one answer to each question.

1. Can you use the telephone?

- ☐ Without help, including looking up and dialing
- ☐ With some help (can answer phone in an emergency, but need a special phone or help in getting the number or dialing)
- ☐ Completely unable to use the telephone

2. Can you get to places out of walking distance?

- ☐ Without help (drive your own car, or travel alone on buses or taxis)
- ☐ With some help (need someone to help you or go with you when traveling)
- ☐ Completely unable to travel unless arrangements are made for a specialized vehicle

3. Can you go shopping for groceries or clothes?

- ☐ Without help (taking care of most shopping needs yourself, assuming you have transportation)
- ☐ With some help (need someone to go with you on most shopping trips)
- ☐ Completely unable to do any shopping

4. Can you prepare your own meals?

- ☐ Without help (plan and cook most full meals yourself)
- ☐ With some help (can prepare some things but unable to cook full meals yourself)
- ☐ Completely unable to prepare any meals

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5. Can you do your housework?

- ☐ Without help (for example, clean floors)
- ☐ With some help (can do light housework but need help with heavy work)
- ☐ Completely unable to do any housework

6. Can you take your own medicine?

- ☐ Without help (in the right doses at the right time)
- ☐ With some help (able to take medicine if someone prepares it for you and/or reminds you to take it)
- ☐ Completely unable to take your medicines by yourself

7. Can you handle your own money?

- ☐ Without help (for example write checks or pay bills)
- ☐ With some help (manage day-to-day spending but need help with managing your checkbook and paying your bills)
- ☐ Completely unable to handle money