

# **Activities of Daily Living (ADLs)**

## **Instrumental Activities of Daily Living (IADLs)**

### **Basic ADLs**

The basic activities of daily living consist of these self-care tasks:

- Bathing
- Dressing and undressing
- Eating
- Transferring from bed to chair, and back
- Voluntarily control urinary and fecal discharge
- Using the toilet
- Walking (not bedridden)

### **Instrumental ADLs**

Instrumental activities of daily living are not necessary for fundamental functioning, but enable the individual to live independently within a community:

- Light housework
- Preparing meals
- Taking medications
- Shopping for groceries or clothes
- Using the telephone
- Managing money

Occupational therapists also evaluate IADLs when completing patient assessments. These include 11 areas of IADLs that are generally optional in nature, and can be delegated to others:

- Care of others (including selecting and supervising caregivers)
- Care of pets
- Child rearing
- Communication device use
- Community mobility
- Financial management
- Health management and maintenance
- Meal preparation and cleanup
- Safety procedures and emergency responses
- Shopping